

Surprisingly Italian

Mama Mia, what's next? Spaghetti with no tomatoes...pizza with tofu? These low-stress Italian dishes are a real treat for people who want to avoid the nightshade vegetables or high-fat cheeses.

Marinara Spaghetti Sauce

Basic Sauce

6 carrots & 1 small beet
Or, 6 c. butternut squash, diced
1 large onion, quartered
1 stalk celery, sliced
1 bay leaf
1½ c. water

Use carrots and beet for a red sauce. For a delicate, sweeter orange sauce, try squash.

Place Basic Sauce ingredients in a pressure cooker. Bring to pressure, then simmer 20 minutes. Or, pot-boil 30 minutes. Puree in blender. Add water, if needed, for tomato sauce texture.

The Flavor & Fun

3-4 cloves garlic
1 onion, minced
1-2 tsp. olive or sesame oil
1 tsp. basil or thyme
1 tsp. oregano
¼ c. parsley, minced
2 T. miso or tamari soy sauce
2 heaping T. kuzu, dissolved in ½ c. cool water

Saute garlic, onion and herbs for 5 minutes. Add optional seitan or mushrooms and saute 10 minutes more. Next, add sauce and bring to a boil. Then, cover and simmer 10 minutes to blend flavors. Season with miso or tamari. Add kuzu, stirring until thick and shiny.

For meaty texture, add:

1 c. minced seitan
or 1 c. sauteed mushrooms

Tofu Ricotta Sauce

2 tsp. olive or sesame oil
2 onions
4 cloves garlic
1# tofu, drained
2-3 T. tamari soy sauce
½ c. water
½ tsp. basil or thyme
½ tsp. oregano
1 T. chopped parsley

Saute onion and garlic in oil. Dice tofu. Add, with tamari, water, and herbs. Cover and simmer 15 minutes. For a creamy/chunky texture, blend half in the blender, and mash the other half. Layer with Marinara Sauce in lasagna, or on pizza. Or, simply serve with fresh cooked pasta.