It Doesn't Taste Like Chicken

VEGAN BOLOGNESE (Sam Turnbull) (oil-free version)

For the meaty tofu crumbles:

- 2 tablespoons nutritional yeast
- 1 tablespoon soy sauce, (gluten-free if preferred)
- 1 tablespoon vegetable broth
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon liquid smoke
- 1 block extra-firm tofu, drained (no need to press it)

For the pasta:

- 3 cups marinara sauce
- 12 oz spaghetti, or pasta of choice (gluten-free if preferred)
- Chopped fresh parsley or basil leaves, (optional for garnish)
- Vegan Parmesan, homemade or store-bought (opt.)

Preheat your oven: Preheat the oven to 350°F and line a large baking sheet with parchment paper or lightly oil it.

Mix the tofu seasoning: In a large mixing bowl, whisk together the nutritional yeast, soy sauce, vegetable broth, chili powder, garlic powder, and liquid smoke to create a thick, brown paste.

Crumble the tofu: Break the tofu into large chunks and add them to the bowl with the seasoning. Use a potato masher or fork to mash the tofu into crumbles. Stir the tofu crumbles well to coat evenly in the seasoning.

Bake the tofu: Spread the seasoned tofu crumbles evenly over the prepared baking sheet. Bake for 30-40 minutes, stirring every 15 minutes to prevent burning and ensure even browning. The tofu will dry out and become chewy; the longer it bakes, the chewier and drier it will get. For a more tender, meaty texture, bake the tofu for closer to 30 minutes. For a chewier, meatier texture, bake for closer to 40 minutes. Remove from the oven and set aside.

Cook the Pasta: While the tofu bakes, bring a large pot of water to a boil and cook your pasta according to the package directions.

Heat the Sauce: While the pasta cooks, pour the marinara sauce into a large saucepan and bring to a simmer over medium heat. Once the tofu is baked, stir it into the sauce. If the sauce is too thick, add a splash of water to adjust the consistency. Let the sauce simmer on medium heat for about 5 minutes, allowing the tofu to absorb the flavors and the texture to become chewy and meaty. Season with salt and pepper to taste if desired.

Serve: Serve the vegan Bolognese sauce over the cooked pasta. Garnish with fresh parsley or basil, and sprinkle with vegan Parmesan if desired.

HOMEMADE VEGAN PARMESAN: You can visit It Doesn't Taste Like Chicken to get this recipe. It is dairy-free, nut free, and gluten free, but not oil-free.





I**t Doesn't Taste Like Chicken** is the site of Sam Turnbull (she, her), who became vegan in 2012. In addition to the site, she has cookbooks, a subscription meal planner, and an online cooking course. Sam uses oil and vegan processed foods in many of her recipes, but they can be adapted.