Ingredients

- 4 Tbsp oil
- 2 tsp salt
- 2 onions, chopped, grated or blended
- 6 small or 2-3 large carrots, peeled and grated
- 4-6 stalks of celery, sliced[1]
- 1 punnet of mushrooms, sliced or chopped (optional*)
- 4-6 garlic cloves, finely chopped[2] or grated
- 1-2 sprigs of rosemary, pull the leaves off the stem and finely chop them (keep 1 Tbsp for the end)
- A handful of parsley, separate stalks and heads, finely chop both
- 1 heaped tsp ground coriander
- 1 heaped tsp smoked paprika
- ½ tsp black pepper
- 250 g soy mince
- 2 cans (800 g) tinned tomatoes, blended
- 100 g tomato paste
- 1L water or vegetable stock**
- 4 bay leaves
- 1 punnet of basil (20-30 g) – loosely tear apart
- 1 Tbsp dried oregano

Optional for greater depth of flavour:
*Sundried tomatoes and soaked dried mushrooms that have been chopped can be added at the same time as the white mushrooms.
**Add more water as needed.

Method

Serves: 8 (with leftovers)

- Pour the oil into a saucepan and heat.
- Add the onions, carrots, celery and salt.
- When the veggies are almost soft, add the mushrooms and turn up the heat slightly.
- Cook for 5-8 mins to allow a little caramelization on both the onions and the mushrooms.
- Add the garlic, rosemary and parsley stalks and the spice mix[3] (coriander, paprika, black pepper) and cook for 30 s - 1 min.
- Add the soy mince, tinned tomatoes, tomato paste, water (or water/wine combo) and bay leaves.
- Stir well and cook for about 45 min - 1 hr until you're happy with the thickness of the sauce. Keep adding 1 cup of water at a time if the mince appears dry.
- Once you're happy, taste and add more salt and pepper if needed.

Notes:

[1]Celery – slice once lengthways along the fat end and then slice widthways into small pieces.

[2]You can blitz the garlic, rosemary and parsley stalks together with a bit of oil to help them blend easily before you add them to the pot.

[3]Put spices together in a bowl first to add them all at once.