**Vegetarian Spaghetti**

Servings: 8-10

Prep Time: 30 Minutes

Cook Time 1 Hour

Total Time: 2 Hours

Equipment Needed:

Measuring Utensils, Deep Skillet, Knife, 2 Bowls, Cutting Area OR Plate, Pot

Ingredients:

*Roux-*

Olive Oil to coat

1 teaspoon Thyme

1 Tablespoon Oregano

1 Tablespoon Basil

3 teaspoons Sea Salt (OR) 1 teaspoon Pink Himalayan Salt

1 teaspoon Onion Powder

1 teaspoon Garlic Powder

1 teaspoon Sage

1 teaspoon Paprika

1 teaspoon Cane Sugar

1 teaspoon Fennel Seeds

1/2 teaspoon Cayenne

Dash Red Pepper Flakes

Dash Celery Seeds

*Remaining Ingredients*-

1 Red Bell Pepper, chopped

1 Yellow (OR) Orange Bell Pepper, chopped

1 Green Bell Pepper, chopped

1 Onion, chopped

1 Garlic bulb, whole, peeled, sliced - reserve 3 whole cloves for crushing

2 Italian Tofurky Sausage links, sliced (optional), OR 1 Cup Crumbles (or both)

2 Jars of your favorite Spaghetti Sauce, preferably organic

Directions:

1. Coat the bottom of the skillet with oil and add the roux over low heat.
2. Meanwhile, prepare the ingredients:
   * Place peppers and onions in one bowl.
   * Place garlic in another bowl.
   * Place sausage and crumbles in a separate bowl.
3. Turn the heat to medium and add the garlic to the roux. Cook for 1–5 minutes, allowing it to brown slightly.
4. Add the peppers and onions to the skillet, stirring to coat them with the roux. Cover and cook for 30 minutes, or until the vegetables are tender.
5. Add the meat to the skillet and stir for 5–10 minutes until heated through.
6. Pour the two jars of sauce into the skillet over the vegetables. To make use of the sauce residue in the jars:
   * Fill each jar halfway with water, close it tightly, and shake.
   * Pour the water into the skillet and stir well.
7. Reduce the heat to low. Cover and simmer the sauce for 15 minutes.
8. Uncover and continue cooking the sauce on low heat for another hour, stirring occasionally.

*Spaghetti Squash Noodles* -

1. Preheat the oven to 425°F (220°C).
2. Cut the spaghetti squash in half lengthwise.
3. Place the halves cut-side down on a baking sheet with a small amount of water at the bottom.
4. Bake for 30–45 minutes, depending on the size of the squash, until the flesh is tender.
5. Allow the squash to cool slightly, then use a fork to scrape the flesh into strands. The strands naturally resemble noodles.

*Whole Grain Thin Noodles -*

1. Cook as directed.