

# Spaghetti and No-Meat Balls

Recipe courtesy of Peter Berley



**Level:** Easy

**Total:** 50 min

**Prep:** 25 min

**Cook:** 25 min

**Yield:** 4 servings, about 20 balls

## Ingredients:

4 tablespoons extra-virgin olive oil  
3/4 cup finely diced onion  
Pinch sea salt, plus 1/2 teaspoon and more to taste  
2 cups thinly sliced mushrooms, about 4 ounces  
3 cloves garlic, roughly chopped  
1/4 teaspoon red pepper flakes  
1 (14-ounce) package extra firm tofu, drained and crumbled  
1 large egg  
1/4 cup dry bread crumbs  
1 tablespoon finely chopped parsley leaves  
Freshly ground black pepper  
1/2 cup all-purpose flour  
Simple and Quick Tomato Sauce, to serve, recipe follows  
Spaghetti, to serve

## Simple and Quick Tomato Sauce:

1 (28-ounce) can organic plum tomatoes with juice  
1/2 teaspoon kosher salt  
1/2 teaspoon dried oregano  
Freshly ground black pepper  
1 small clove garlic, peeled and crushed  
6 large basil leaves

## Directions:

**1** In a medium skillet over medium heat, warm 2 tablespoons of the oil. Add the onion and a pinch of salt. Cook until softened, about 3 to 5 minutes. Add the mushrooms, garlic, and red pepper flakes. Raise the heat to high and cook, stirring frequently, until the mushrooms have given off their juices and are lightly caramelized, about 4 to 5 minutes. Transfer the vegetables to the work bowl of a food processor. Add the tofu, egg and 1/2 teaspoon of salt and pulse to combine. Add the bread crumbs and parsley and pulse to combine again. Scrape the mixture into a bowl and season with plenty of freshly ground black pepper. Spread the flour on a plate. Moisten your hands with water and form the tofu mixture into 1 1/2-inch balls. Lightly coat the balls in flour and put them onto a baking sheet or large plate. In a large skillet over medium heat, warm the remaining 2 tablespoons oil. Add the balls and cook them until browned all over, about 3 to 4 minutes on each side. Add the tomato sauce to the pan and simmer until the balls are firm and cooked through, about 15 minutes. Serve with your favorite pasta.



## Simple and Quick Tomato Sauce:

**2** Put all the ingredients into the bowl of a food processor and pulse to form a rough puree with flecks of basil.