

Vegan Spaghetti & Meatballs

By Madison Margaret



We are introducing a new series of fast and affordable vegan food, titled “cheap & easy vegan meals”. These recipes you can also find through our social media, and will be posted on our NEW pinterest account; www.pinterest.com/vegnj

Last recipe I shared was a bit more extensive. This recipe can be made in under 20 minutes, and using 3 very easy ingredients.

WHAT YOU WILL NEED:

Vegan “meatless meatballs -I bought mine from Trader Joe’s: \$4.99 for 16 oz

Vegan sauce -I chose to use Shoprite’s vegan alfredo sauce: \$3.19 for 14.5 oz

Spaghetti or linguine, angel hair works too! -I chose Trader Joe’s linguine: \$0.99 for 1lb

Boil your pasta in salted water. As the pasta cooks, pan fry on medium however many meatballs you want to cook (if you have leftovers from cooking the entire bag, no worries they reheat well in the microwave!) Be sure to keep rotating the meatballs so they do not burn & they are cooked evenly through. Once the pasta is cooked, be sure to save some pasta water, and strain excess water out of the pot. Use the pot to heat up your jar of sauce. I wanted a creamy sauce for my meal so I chose Bowl and Basket’s vegan alfredo. The beauty of this meal is you can substitute all 3 ingredients for whichever products you'd like to incorporate, such as angel hair pasta instead of spaghetti or vegan vodka sauce instead of alfredo. Once the sauce starts to heat up, add the pasta water along with any other seasonings you may want to include. I typically season my pastas with oregano, salt and pepper. Once the sauce bubbles a bit, it is ready. It is up to you if you want to plunge all your pasta into the sauce. I advise anyone cooking for meal prep, instead of a large crowd around the table, to keep each cooked ingredient separate so when you refrigerate the sauce does not get soaked up by the pasta & the meat balls do not get soggy! Otherwise if you expect no leftovers, it may be smart to add in your meatballs to the sauce for a few minutes over heat before serving them over a bowl of pasta. Feel free to top with vegan parmesan cheese! Buon appetito!

This meal cost \$9.17 and created 5+ servings. It is extremely cost effective and filling!