

The Family Who Eats Together Stays Together

When was the last time your family enjoyed a meal together?

*Our next meeting will be held on **Wednesday August 28th at 7 pm.***

Please mark the date in your diary. If you have enjoyed the program tonight, do invite your family and friends to our next meeting. See you then.

Contact Serah via email for more information and bookings at bookings at seraharob02@gmail.com.

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://seventhdayresourcecentre.org/sdrc/recipe-club/starters.htm>

Live Smart, Live Well RECIPE CLUB

24th July, 2019



COOKING WITH CORAL

- **VEGAN MINCED MEAT SUBSTITUTE**
- **TOMATO BOLOGNESE SAUCE**

Migarrones / Vegan Minced Meat Substitute

Ingredients:

- 1 c walnuts
- 2 large onions
- 3 stalks of celery
- 4 cloves of garlic
- 1 1/2 t salt
- 4 c water
- 3 c coarse bulgar wheat



Method:

1. Place walnuts, onions, celery, garlic, and salt in the blender with some water.
2. Blend until smooth.
3. Add remaining water.
4. Pour into a medium saucepan and stir in bulgar wheat.
5. Bring into a boil and simmer over medium heat, stirring frequently, for about 15 minutes or until thickened.
6. Spread on baking sheet and dry in a warm oven until crumbly.
7. Refrigerate for up to 10 days.

Tomato Bolognese Sauce

Ingredients:

- 1 can diced or crushed tomatoes
- 1/2 c water
- 2 garlic cloves
- 1 T tomato paste
- 1 t mixed herbs
- 2 onions diced
- 2 c Migarrones / Vegan minced meat

Method:

1. Sauté garlic and onions in a little bit of water until tender.
2. Add the tin tomatoes and seasonings.
3. Then add the minced meat
4. Simmer for 5 min.
5. Serve over spaghetti.

