

Vegan Stuffed Shells (Vegan)

Ingredients:

- 1 container extra-firm tofu (regular, not silken)
- pinch of nutmeg
- 5 tablespoons nutritional yeast
- 1/4 teaspoon sea salt
- 4 tablespoons of olive oil, divided
- 1 vidalia onion (or other sweet onion), chopped
- 1 box of frozen chopped spinach, defrosted
- 4 cloves garlic, finely chopped
- 1 large jar (28 ounce) spaghetti sauce
- 1 box jumbo pasta shells
- 1.5 teaspoons oregano
- 1.5 teaspoons basil
- salt & pepper

Directions:

- Place 3/4 of the tofu in a food processor or blender along with the nutmeg, nutritional yeast, sea salt, and 2 Tablespoons of the olive oil. Blend until smooth. Scrape the tofu mixture from the blender into a large bowl. Mash the remaining tofu into the blended mixture, until it resembles ricotta or cottage cheese. Set aside.
- Preheat oven to 350 degrees.
- Sauté the onion in the remaining 2 Tablespoons of olive oil until it becomes translucent. Squeeze all excess liquid from the spinach. Add the spinach, onion, oregano, basil, and salt and pepper to taste to the "ricotta" mixture and set aside. This can be made ahead and refrigerated up to 24 hours.
- In a large pot boil the shells as directed on the package. Drain and rinse the shells under cold water. Place enough spaghetti sauce on the bottom of an 8 X 12 baking dish just to cover. Stuff the shells with the ricotta mixture, and place them in the baking dish. Pour the remaining spaghetti sauce over the shells. Cover with foil and bake for 30 minutes.
- Let cool for 10 minutes before serving.