



Mama Mia Vegetable Pie

From Barb Bieganski

Note, any meat can be substituted for tofu.

Quantity	Ingredients	Preparation Notes
1 tsp	Olive Oil	● Heat oven to 375 degrees
1	Med Bell Pepper, chopped	● Heat oil in non-stick skillet over med heat.
1	Sm Onion chopped	● Add pepper, onion and mushroom, sauté until vegetables are tender, about 5 minutes.
3	Med Portobello Mushrooms, chopped (about 1/2 C)	● Stir in tomato sauce and tofu. (make sure tofu is drained).
12 oz can	Tomato Sauce	● Bring to a boil
6 oz	Firm Tofu, drained and crumbled	● Reduce heat and simmer mixture uncovered for 10 minutes
2 C	Cooked Spaghetti	● Coat a 9" deep pie plate with cooking spray
3/4 C	Part-Skim Mozzarella Cheese, shredded	● Arrange spaghetti in bottom and up sides of pan.
	Cooking Spray	● Pour tofu mixture over spaghetti and sprinkle with cheese.
		● Bake 20 minutes
		● Let stand for five minutes before slicing into six pieces.