

Soybean Ragu

INGREDIENTS FOR 1 PERSON

- 100g dried soybeans, subsequently soaked and boiled.
- 1 stalk of celery.
- 1 carrot.
- Half an onion.
- 2 basil leaves.
- 3 teaspoons extra virgin olive oil.
- Salt and pepper to taste.
- 1 teaspoon tomato paste.
- 1 small jar of tomato puree.
- Tomato paste and tomato puree.

PREPARATION

- Soak the dried soybeans for 24 hours.

PROCEDURE

- Cook the soybeans in plenty of water for about 2 hours.
- Drain the soybeans and roughly blend them.
- In a saucepan, sauté the chopped celery, carrot, and onion with 1 teaspoon of olive oil and 3 tablespoons of water.
- Add the minced soybeans and sauté for a few minutes, adding salt and pepper to taste.
- Add the tomato sauce, tomato paste, and half a glass of water.
- Stir and bring to a boil.
- Simmer for about 30 minutes over low heat.
- If necessary, adjust the consistency by adding a little more water halfway through cooking.
- At the end of cooking, add some basil leaves and 2 teaspoons of olive oil.