



Meat Sauce

Using 100% Flavored Plant Protein

Yield: 32/4 oz servings (1 Gallon)

Ingredients

8.25 oz	<i>#601741 Plant Protein Beef Flavored Crumble</i>
#10 can	marinara sauce
16 oz	diced tomatoes
3 tsp	garlic, chopped
4 oz	onion diced
2.5 oz	green pepper diced
1 oz	olive oil
2 quarts	water
1.5 tsp	dry basil
1 tsp	salt
1 tsp	pepper

Preparation

- 1) Over medium heat add onions green peppers and garlic. Sauté until soft.
- 2) Add marinara, diced tomato, and water. Bring to simmer.
- 3) Add flavored plant protein, basil, black pepper, and salt.
- 4) Allow to cook on low heat for 30-45 minutes. Plant protein will hydrate and mixture should thicken slightly.
- 5) Pan, cart, and chill or serve.