

UNMEAT SAUSAGE PENNE PASTA

Ingredients

1 pack	Unmeat Sausage, peeled and sliced
2 tbsp	olive oil
½ head	garlic minced
1 tsp	chili flakes
1 tsp	dried oregano
1 tin, 400 g	diced tomato
¼ cup	vegetable stock
½ tbsp	sugar
1 tsp	salt
½ tsp	ground black pepper
200g	uncooked penne pasta, cook using package directions
Handful	fresh basil, torn or kept whole
Optional	vegan parmesan cheese / nutritional yeast

Procedures

1. In a sauce pot, heat olive oil. Saute garlic, chili flakes and dried oregano until garlic turns a bit brown.
2. Add the tomato sauce and vegetable sauce and simmer for at least 30 minutes to cook the tomatoes long enough for the natural sugars to be released. Season with sugar, salt and black pepper, let this simmer for 5 more minutes.
3. Add the Unmeat Sausage slices, stir and simmer for 5 minutes.
4. Lastly, toss in the cooked penne pasta. Turn off heat and add the basil leaves.
5. Serve warm with optional nutritional yeast flakes.

Yield: 5- 6 pack