

Vegan Sausage & Pepper Pasta

Made by Madison Margaret



Ingredients:

Vegan italian or bratwurst sausage (pack of 4)
Pasta of your choice (1 LB)
Avocado oil
Two peppers
One small onion
Bulb of garlic (you can use less or more)
Vegan mozzarella cheese block (I used Miyoko's brand)
Salt
Pepper
Oregano

Prep: 20 minutes

Cook time: 20-25 minutes

Start by gathering your ingredients, along with a cutting board, a knife, seasonings, a large frying pan and a pot of water.

Boil the pot of water with a pinch of salt. In a large frying pan, spray or drop some avocado oil to coat the pan and heat on medium. Place four pieces of sausage in the pan, and cook until brown.

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While the pot of water takes time to boil and the sausages start to cook, rinse off your peppers. Peel and chop your onion into thin slices, then set aside. Dry off your peppers, clean off all of the seeds and slice into thin long strips, also set these aside with the onions.

Don't forget to turn the sausages!

Check your pot of water, it may be boiled by this point. If it is, pour your pasta into the boiling pot of water with another pinch of salt. Cook for the recommended time, as written on the box/bag of pasta. I used a gluten-free chickpea pasta, as I try to use most often when making pasta for additional protein.

Keep turning your sausages so they do not burn. While they continue to cook you can start peeling your garlic cloves. The amount of garlic cloves you choose to chop and add is entirely up to you. I really love garlic for its many health benefits; it can reduce blood pressure and inflammation in the body, it can also boost the body's immune system.



Once the pasta is cooked, strain it and place it back in the pot with some avocado oil. This will keep the pasta from sticking together.

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The sausages may be cooked at this point. If they are mostly browned to a crisp, turn off the heat and transfer the sausages into a ceramic bowl or plate - be very careful not to burn yourself! Do not drain the oil in the frying pan. Once you take out all four sausages, place all the peppers and onions into the pan and turn the heat back to medium. Let the onions and peppers cook. If you can, put a lid over them, this will help steam them for a few minutes. Once you notice the onions and peppers soften, add your chopped garlic. At this point I season with a dash of oregano, salt and pepper. You can choose what seasonings you add. If you do not have any garlic cloves you can use garlic powder. Italian seasoning would also be a good choice.



The sausage should be cooling off at this point. Cut each sausage into small, thin circles.

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Once you complete the cutting, add the sausages back into the pot with the veggies. Let this cook all together for a few more minutes. Once you are satisfied with how everything is cooked, add this mixture into the pot of cooked, strained pasta. Mix all together and season more if necessary. Open your block of vegan mozzarella & chop either the full amount or half into small pieces. Add however much you want to add into the pasta. Do not mix the cheese into the pasta over heat, this will melt the cheese down fast. The combination of the heated sausage and veggies, plus the cooked pasta, will warm your vegan cheese enough.



This recipe makes about 5 serving sizes so enjoy with friends or pack away the leftovers for lunch!

Additional Notes:

- *This recipe is not only vegan, and gluten-free, it is high in protein.*
- *Mixing veggies such as peppers, onions and garlic, and cooking them in a healthy fat such as avocado oil, provides amazing vitamins that nourish the body in many ways; vitamins that support immune function, healthy digestion, brain function, and good cardiovascular health.*
- *This meal is very balanced. It offers a healthy mix of carbohydrates, protein, and fats. One serving of this pasta dish is a nutrient-dense meal.*
- *It can be made in under an hour and it reheats well in a pan or in the microwave.*