

## **VEGAN JAMABALYA PASTA (w/BEYOND MEAT SAUSAGE & GARDEIN CHICK'N STRIPS)**

### **INGREDIENTS:**

1 & ½ cup red onion, chopped fine (white or yellow onion okay, too)  
1 cup green bell pepper (or red, yellow, orange, or any combination), chopped fine  
1 & ½ cups tomato, chopped (or one 14.5 ounce can petite diced tomatoes, drained)  
3 cloves garlic, chopped fine  
1 cup celery, chopped fine  
1 Tbsp vegan butter (or regular butter, NOT margarine)  
½ Tbsp Better Than Bouillon vegetable base  
½ cup coconut milk (make sure **not** Cream of Coconut)  
1 Tbsp onion powder  
1 Tbsp garlic powder  
1 tsp smoked paprika  
1 Tbsp dried basil  
1 Tbsp dried thyme  
1 tsp cayenne pepper (reduce accordingly for desired heat level or omit)  
1 tsp salt (omit, if desired)  
16 oz. bow tie pasta, cooked and drained well  
4 Beyond Meat Hot Italian Sausage links  
10 Gardein Chick'n Strips  
Small bunch fresh parsley, washed, dried and chopped fine

### **DIRECTIONS:**

1. Defrost then cut sausage and Chick'n strips into bite-size pieces and set aside.
2. Melt butter in pan.
3. Add onion, bell pepper, celery, garlic and tomatoes
4. Simmer until onions translucent/soft.
5. Add coconut milk and bouillon and stir well.
6. Add spices and stir well.
7. Cook (simmer), uncovered, veggies and spices until paste-like consistency, about 20 minutes, stirring frequently.
8. Meanwhile, in a separate skillet, brown sausage pieces (approx. 3 minutes on each side) then add Chick'n strips and cook till done, approx. another 3 – 4 minutes.
9. Add pasta to veggie sauce, stir well.
10. Add meats to pasta and veggie sauce and stir well.
11. Garnish with fresh-chopped parsley.

## TIPS:

I used my \$10, 3-quart, non-stick saucier pan to make the sauce and then mixed the pasta into the finished sauce – worked great. You could also use a 6-quart Dutch oven.

It's a lot easier to chop up the vegetables and mix up the spices day before you prepare this dish.

I used my manual Tupperware food chopper to chop the vegetables – a similar device or small electric food processor, both of which you can get at Bed, Bath & Beyond or Walmart, will work just fine. If using an electric food processor, try not to turn the vegetables into mush.

I had leftover bell peppers from veggie kabobs the night before, so I used red, green and yellow peppers.

Coconut milk can sometimes be hard to find, but I found mine in the alcoholic beverage mix aisle in a can. Be careful not to get the very sweet "Cream of Coconut." Shake the can well before opening as the coconut and water will probably have separated – you may have to stir it up with a spoon before measuring it out.

Better Than Bouillon vegetable base is a concentrated base for soups, stews, etc., and comes in small jars that can be found with the rest of the bouillon cubes in most stores.

Go easy on the cayenne pepper. 1 tsp makes the dish almost too spicy for most, so I would go with ½ tsp or less or just omit.

No need for the salt, either.

This makes a lot of food – easily enough for 4 very generous, adult-sized helpings or 6 moderately adult-sized helpings. You could cut the recipe in half, but go ahead and make a full recipe and you can have leftovers for a while. The pasta really absorbs the sauce, so I used a jar of Muir Glen pasta sauce (any variety) when re-heating and it was delicious the next day. Another suggestion for leftovers: Cut up some bell peppers (any color or combination) and onions into large chunks. Cover (not mandatory, but speeds up the process) and sauté in a skillet over medium-high (50%) heat with a little vegetable oil for about 5 minutes, pour in some tomato sauce, cover and continue sautéing for about another 3 - 5 minutes. Add some more chopped garlic, if desired. Fold in the remaining pasta and meat, cover and stir frequently and heat until hot. Spoon into a bowl and top with shaved or grated Parmesan cheese. I'm not a vegetarian, so at the beginning, I sliced up some chicken sausage and heated it in the skillet before adding the vegetables. Obviously, this is very flexible so be creative!!!

If you've never cooked with Beyond Meat and Gardein products, it is easier to cut them up when they are still partially frozen. They cook up nicely and the texture and taste are surprisingly similar to the real thing. I've had the bratwurst on the grill and they are very tasty, too.

The Beyond Meat Hot Italian sausage is not very hot, in my opinion, but if you are concerned about this, substitute an equal amount of your favorite variety of vegan sausage or Beyond Meat bratwurst. There are lots of different varieties of the new vegan meat and chick'n products, so feel free to make substitutes. Beyond Meat and Gardein can sometimes be hard to find, but I've seen them in most Sprouts, Whole Foods, Natural Grocers, and larger health food stores. Morningstar vegan and vegetarian meat substitute products can be found in almost all stores now, including Walmart.

I couldn't find the Gardein Chick'n Strips, so I bought the Gardein Chick'n Scaloppini patties and cut up 2 patties into pieces – worked just fine.