**Textured Vegetarian Protein (vegan) Pasta**



**Ingredients**

5 cups cooked macaroni (1 ¾ cup uncooked)

4 cups cooked penne (2 cups uncooked)

2.5 cup cooked TVP -textured vegetable protein (200 g or 1 cup uncooked)

4 cups chopped red onion

2-3 chopped garlic cloves

1 cup chopped green onion

1.5 cup chopped pepper of choice (hot or mild, or sweet bell pepper)

10 cups chopped tomatoes

1 cup fresh basil

3 tbs oil of choice

1 tsp pepper

1 tsp salt (use less if you want to use cheese as a garnish)

**Instructions**

1. Heat a large pan/wok/pot on medium-high
2. Add oil, red onion, and garlic. Cook and stir to desired texture
3. Add peppers and green onions. Stir and reduce heat to medium
4. Add tomatoes. Stir and increase heat to medium-high
5. Add basil and stir. Cook down the sauce to desired consistency
6. Add salt and pepper. Stir.
7. Soak TVP in warm water for half hour and cook until soft
8. Add TVP and pasta. Stir to combine all ingredients

**Yields:** 5 cups

Sauce = 10 vegetable servings