



Ingredients

- ✓ 1lb. Pasta (regular or gluten-free)
- ✓ 28oz can crushed tomatoes, blended
- ✓ 1 - 2 Tbsp. extra virgin olive oil
- ✓ 2 Tbsp. minced garlic
- ✓ Pinch of crushed red pepper (optional)
- ✓ 1 tsp. salt
- ✓ 1 - 2 tsp. coconut sugar (other sweetener)
- ✓ Pinch of black pepper
- ✓ ½ cup dry TVP (Textured Vegetable Protein)
- ✓ 1 - 2 Tbsp. fresh basil, chopped (to taste)

Notes:

- Whole tomatoes can be used but will take a little longer to cook down.

Preparation

Cook pasta according to the directions on the package. Drain, return to pot and stir in a little olive oil.

Heat olive oil in a medium size saucepan over medium heat. Add garlic and sauté briefly. Add crushed red pepper. Add blended tomatoes, salt, sugar and pepper. Cook for about 10 minutes then add TVP. Continue to cook the sauce over medium heat for about 30 minutes to allow the flavors to mingle. Add a little water, if needed (crushed tomatoes tend to be thicker). When done, stir in fresh basil. Serve over pasta.