Meat Sauce

Using a blend of Flavored Plant Protein + Beef

Yield: 32/4 oz servings (1 Gallon)

Ingredients

1.5 oz	***#601741 Plant Protein Beef Flavored Crumble***
#10 can	marinara sauce
11 oz	diced tomatoes
11 oz	ground chuck 80/20
2 tsp	garlic, chopped
2.5 oz	onion, diced
1.5 oz	green pepper, diced
1 oz	olive oil
22 oz	water
2 tsp	dry basil
1 tsp	salt
1 tsp	pepper

Preparation

1) Over medium heat; brown beef and add onions green peppers and garlic. Sauté until soft.

2) Add marinara, diced tomato, and water. Bring to simmer.

3) Add flavored plant protein, ground beef, basil, black pepper, and salt.

4) Allow to cook on low heat for 30-45 minutes. Plant protein will hydrate and mixture should thicken slightly.

5) Pan, cart, and chill or serve.