

plantifully based

CREAMY SAUSAGE PASTA

INGREDIENTS

1/2 CUP (60G) RAW CASHEWS, SOAKED OR BOILED FOR 30 MINUTES
2 VEGAN ITALIAN STYLE SAUSAGES (I USED BEYOND MEAT)
1 TABLESPOON OLIVE OIL
3 GARLIC CLOVES, CHOPPED
1/3 SWEET ONION (ABOUT 80G), CHOPPED
3/4 CUP (180ML) NONDAIRY MILK, UNSWEETENED AND UNFLAVORED
1/4 CUP (66G) TOMATO PASTE
1/2 CUP (120ML) WATER
1/2 TEASPOON ORGANIC SUGAR
1/4 TEASPOON SALT
8 OUNCES RIGATONI



METHOD

1. BOIL CASHEWS FOR 30 MINUTES OR SOAK OVERNIGHT. DRAIN AND RINSE.
2. MEANWHILE, REMOVE THE VEGAN SAUSAGE FROM THE CASING. CUT THE SAUSAGE IN HALF LENGTHWISE AND THE CASING SHOULD BREAK, YOU WILL BE ABLE TO SCRAPE THE CONTENTS OF THE SAUSAGE OUT INTO A BOWL.
3. IN A LARGE FRYPAN SAUTÉ THE GARLIC AND ONION FOR 3 MINUTES OVER MEDIUM LOW HEAT OR UNTIL FRAGRANT. THEN ADD THE SAUSAGE AND SAUTÉ OVER MEDIUM HEAT FOR 5 TO 7 MINUTES UNTIL SAUSAGE IS BROWNED.
4. ADD THE CASHEWS AND NONDAIRY MILK INTO THE BLENDER AND BLEND ON HIGH FOR 2 MINUTES OR UNTIL EVERYTHING IS BROKEN DOWN AND COMBINED.
5. ADD THE TOMATO PASTE AND MIX AROUND TO COAT THE SAUSAGE. THEN POUR IN THE CASHEW CREAM AND MIX UNTIL WELL COMBINED. THE SAUCE WILL BE A BRIGHT ORANGE. POUR IN THE WATER, SALT, AND SUGAR AND MIX AGAIN. SIMMER OVER LOW HEAT, ADDING WATER AS NECESSARY IF THE SAUCE BECOMES TOO THICK.
6. AT THIS POINT BRING A LARGE POT OF SALTED WATER TO A BOIL AND ONCE BOILING COOK YOUR PASTA UNTIL AL DENTE, OR TO YOUR PREFERENCE.
7. ONCE THE PASTA IS DONE ADD IT TO THE PAN WITH THE SAUCE. RESERVE 1/2 CUP OF THE STARCHY PASTA WATER. MIX THE PASTA TOGETHER TO COAT IN THE SAUCE AND ADD IN A 1/4 CUP OF STARCHY PASTA WATER. THIS HELPS THE SAUCE TO STICK TO THE PASTA BETTER AND TO THIN IT OUT. TASTE THE PASTA BEFORE SERVING AND ADD MORE SALT IF NECESSARY.
8. GARNISH WITH CHOPPED PARSLEY AND ENJOY.