

Creamy Vegan Rigatoni with Textured Vegetable Protein



Ingredients

- 340g rigatoni
- 4 garlic cloves, minced
- 1/4 cup tomato paste
- 1 can diced tomatoes
- 1 cup vegetable stock
- 1 1/2 cups textured vegetable protein
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1 cup frozen peas
- 1/2 cup vegan heavy cream
- Garnish with fresh basil

Method

- Prepare the pasta according to the instructions on the packaging.
- Heat a Dutch oven over medium heat with a drizzle of olive oil. Sauté the minced garlic until it becomes fragrant. Then, add the tomato paste, diced tomatoes, vegetable stock, textured vegetable protein, dried basil, and dried oregano. Stir well and bring the mixture to a boil. Reduce the heat and let it simmer until most of the liquid in the sauce is absorbed.
- Incorporate the cooked rigatoni, frozen peas, and vegan cream. Stir thoroughly until everything is well-coated and heated through. Finally, garnish with fresh basil before serving.

