

# SPAGHETTI & MEATBALLS



A plant-based version of the classic and loved-by-all Spaghetti and Meatball dish. A family-friendly scrumptious and healthy dinner recipe!

| PREPARATION | COOKING | TOTAL TIME | SERVINGS | LEVEL | INGREDIENTS |
|-------------|---------|------------|----------|-------|-------------|
| 10 min      | 20 min  | 30 min     | 4        | Easy  | 9           |

## INGREDIENTS:

- 1 pound spaghetti noodles
- 8 ounce **Hungry Planet Italian Sausage™ Meatballs**
- 1 can spaghetti sauce
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- Parmesan cheese
- Salt and pepper, to taste

\* Please use whatever products you have in your kitchen; plant-based ingredients are just what we have in ours.

## Instructions:

### STEP 1.

Boil water and cook spaghetti noodles according to instructions. Add the spaghetti sauce and simmer for 10 minutes.

### STEP 2.

In a medium-sized skillet, heat 2 tablespoons of olive oil on medium heat. Once hot, add Hungry Planet Italian Sausage™ Meatballs and cook, browning on all sides and internal temperature reaches 165°F. Add the cooked noodles and stir gently to combine. Add seasoning for taste.

### STEP 3.

Top with grated parmesan cheese and serve.



# DEEP DISH PIZZA



Hungry Planet meets Deep Dish Pizza. The Chicago specialty, made with our plant-based Italian Sausage Meatball is perfect for serving to family and friends for all to enjoy!

| PREPARATION | COOKING | TOTAL TIME | SERVINGS | LEVEL    | INGREDIENTS |
|-------------|---------|------------|----------|----------|-------------|
| 30 min      | 56 min  | 86 min     | 4        | Moderate | 16          |

## INGREDIENTS:

8 ounce **Hungry Planet Italian Sausage™ Meatballs**

¼ cup onions, diced

1 cup mushrooms, button or portobello, thinly sliced

1 cup Swiss chard, chopped

1 teaspoon crushed red pepper, flakes

1 teaspoon fennel seeds

2 teaspoons basil, dry

2 cups marinara

2½ cup vegan mozzarella cheese

¾ cup warm water

2 teaspoon active dry yeast

¼ teaspoon sugar

¼ cup semolina flour

2 teaspoon olive oil

½ teaspoon salt

\* Please use whatever products you have in your kitchen; plant-based ingredients are just what we have in ours.

## Instructions:

### STEP 1.

Pre-heat oven to 425°F.

## STEP 2.

Add 1 tablespoon of oil into a medium-sized skillet on medium-high heat. Add Hungry Planet Meatballs and cook for 6 minutes, or until meatballs start to brown. Remove from pan, cut in half, and set aside.

## STEP 3.

In the same skillet, add 1½ tablespoons of oil, and place on medium heat. Add onions, mushrooms, Swiss chard, red pepper flakes, fennel seeds, and basil. Cook vegetables for 5 minutes and remove from heat. Set aside and let cool.

## STEP 4.

In a large bowl, mix warm water, yeast, and sugar and let sit for a few minutes, or until yeast starts to make bubbles. Add ¾ cups flour, salt, semolina flour, and oil, and mix well with a spoon. Sprinkle the table with a few teaspoons of flour to ensure the dough does not stick to the counter and remove dough from the bowl. Knead for 1 minute to make a soft dough and pliable. Place the dough back into the bowl, and cover plastic wrap. Set dough in a warm place for 15 minutes to proof.

## STEP 5.

Spread the dough on an 8 or 9-inch springform pan making sure to spread some of the dough above the rim. \*Feel free to oil your hands a bit if the dough starts to stick to them.

## STEP 6.

Once the dough is in the pan, start to assemble. Sprinkle ½ cup of mozzarella onto the base of the crust, then alternate layers, between sauce, vegetables, meatballs, and cheese. Finish by topping off the pizza with the remaining sauce.

## STEP 7.

Place pizza in oven and cook for 30 to 35 minutes. Remove from oven and let cool for at least 10 minutes. Garnish your favorite pizza garnishes like crushed red pepper flakes, fresh basil, or vegan grated parmesan.

