

# Burst Intestine Vegan Savory Halloween Bread

## Ingredients

- 1 pizza dough (16-20 oz, storebought or homemade)
- 1 cup TVP (textured vegetable protein)
- 2 tbsp. soy sauce
- 2 bell peppers
- 1 small onion
- 3 cloves garlic
- ¼ cup vegetable oil
- 1 tsp. red pepper flakes
- 1 tsp. fennel seeds
- 1 tsp. herbs de Provence
- 1.2 tsp. smoked paprika
- ¾ cup tomato sauce, homemade or store-bought divided
- 1 tbsp. brown sugar

## Steps

1. Preheat the oven to 400°F (200°C). Grease a 9x13” glass baking dish, and set aside.
2. Bring a kettle of water to a boil. Pour 1 cup of boiling water onto the TVP along with the soy sauce, stir, and set aside to rehydrate. Chop the onions and peppers into small squares, and mince your garlic.
3. Heat the vegetable oil in a medium-sized skillet. Add the fennel seeds and red pepper flakes, and cook for a minute. Add the onions, peppers, and garlic, and cook until the onions and peppers have softened. Add the herbs de Provence and smoked paprika, along with the rehydrated TVP. Cook for a minute or two to bring all the flavors together, and remove from the heat.
4. On a lightly floured counter, roll your pizza dough out so it's very long- roughly 4 feet long by 6 inches wide. Spread ½ cup of tomato sauce down the length of the dough. Spread the pepper and TVP mixture long the length of the dough equally. Take the sides of the dough and stretch to reach each other, and pinch to close. Transfer to your glass baking dish, snaking and swirling the shape to mimic intestines. If there is some breakage, don't stress. These are messy bloody intestines, after all.



5. Combine  $\frac{1}{4}$  cup tomato sauce with 1 tbsp. brown sugar and about 2 tbsp. of water. Whisk together and pour over the dough. Transfer the dish to the oven, and cook for 35-45 minutes, until the dough is browned and fully cooked.