

Vegan Sausage Stuffed Summer Squash

Ingredients

- 6-8 small grey summer squash (or larger summer squash, about 40 inches of squash total)
- 1 cup dry TVP mince
- 2 tbsp. soy sauce
- ½ medium-sized onion
- 2 cloves garlic
- 1 tsp. Italian reasoning
- ½ tsp. fennel seeds
- ½ tsp. red chili flakes
- Salt and pepper, to taste
- ¼ cup vital wheat gluten

For the Sauce (optionally use your favorite tomato sauce)

- ½ medium-sized onion
- 3 cloves garlic
- Olive oil, for cooking
- ½ tsp. red chili flakes
- 1 ½ tsp. Italian seasoning
- 16 oz. can crushed tomatoes
- 2 cups squash insides (from the grey squash used above)

Steps

1. First prepare the summer squash. Cut both ends off the squash to create a flat end. Cut the squash in two equal parts. If you are using larger summer squash, cut it into pieces about 3 inches long. Use a grapefruit spoon to scoop out the seeds and form a large cavity in each squash, leaving the bottom intact. To start on the filling, add the TVP and soy sauce to a heat resistant bowl. Bring some water to a boil, and add one cup of boiling water to the TVP. Set aside to rehydrate.

2. Start your sauce at this point. Mince the garlic and dice the onion. Take the insides of the zucchini and roughly chop them. Heat some oil in a saucepan and add the onions and garlic. Cook until the onions are slightly translucent, and add the chili and Italian seasoning. Stir, cook for a minute or two until fragrant, and then add the tomatoes and squash insides. Bring to a simmer and allow to simmer until the squash has broken down and the liquid has reduced. Use an immersion blender to create a smoother sauce or leave chunky as you prefer. Season with salt and pepper, to taste.



3. Preheat the oven to 350°F (175°C). To make the filling, mince the remaining garlic and finely dice the other half onion. Add them to a mixing bowl, along with the rehydrated TVP. Add the fennel seeds, Italian seasoning, chili flakes, and mix. Season with salt and pepper, to taste, before adding the vital wheat gluten and mixing to combine.

4. Prepare a shallow 2-quart casserole dish with a small amount of your sauce on the bottom. Take the prepared squash, and one at a time add as of the vegan sausage filling as possible to each of the squash halves. Place standing on the unfilled end in the casserole dish. If there is any extra filling simple throw it on top of the stuffed squash, followed by the tomato sauce.

5. Place the casserole dish in the preheated oven and cook for an hour until the squash is tender. Serve warm- delicious paired with pasta, grits or polenta, and rice.