

Plant Powered Pizza

SERVINGS
2-4

PREP TIME
15 MIN

COOK TIME
15 MIN

TOTAL TIME
30 MIN

Create this speedy pizza using a store-bought crust, zesty sauce, sautéed veggies, and other topping favorites like olives, tomatoes, or vegan cheese for a plant-powered feast!



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

CRUST

- Store Bought Crust of Choice (Frozen, Refrigerated, or Boxed)

PREPARE CRUST

- Prepare the crust according to the package instructions and place it on an optional pizza stone, sheet, or tray.
- Preheat oven to 400°.

2

SAUCE

- Store Bought Pizza Sauce
- Additional Seasoning To Taste: Italian Seasoning, Garlic & Onion Powder, Salt
- OR**
- Simple Homemade: Tomato Paste and Seasonings Above

PREPARE SAUCE

- **STORE BOUGHT SAUCE:** Taste sauce and add desired spices to add more flavor. Evenly spread an ample amount of on crust.
- **MAKE YOUR OWN:** In medium bowl, thin out the tomato paste to the desired consistency, add seasonings to taste, and then spread it on the crust.

3

VEGGIES OF CHOICE

- Green or Bell Pepper
- Onion
- Mushrooms (Fresh or Canned)

PREPARE VEGGIES

- Slice or dice veggies to preferred size.
- Add them to the pizza directly **OR OUR PREFERRED METHOD** is to sauté them for a few minutes with some olive oil and seasonings (listed in sauce section) on the stovetop.

4

TOPPINGS OF CHOICE

- Green/Black Olives
- Plum or Cherry Tomatoes
- Vegan Mozzarella Cheese
- Fresh Spinach

ADDITIONAL TOPPINGS TO ADD BEFORE COOKING

- If desired, slice olives or plum/cherry tomatoes.
- Add additional topping to pizza and sprinkle a small amount of vegan cheese if desired.
- Place pizza in oven and cook for 10 - 15 minutes, until veggies are slightly wilted, and pizza is heated through.

5

OPTIONAL

- Fresh Basil
- Fresh Arugula
- Grated Vegan Parmesan
- Red Pepper Flakes

POST COOKING TOPPINGS

- Remove pizza from oven and allow to sit 2-3 minutes.
- Add any remaining ingredients, cut and serve.