



**RED GOLD<sup>®</sup>**



# Plant-Based Protein Pasta Sauce Recipes



## Red Gold Nutritionally Enhanced Plant-Based Protein Pasta Sauce – Bolognese Style

Plant-based pasta sauce is finally here! Satisfy your taste buds from Masala to Minestrone with Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style.

- Great flavor
- 14g of protein per 1 cup serving
- Under 500mg of sodium per serving
- Made with pea protein
- Only shelf-stable option available

Wondering how to incorporate this plant-based sauce into your menus and meals? Check out these recipes! This plant-based protein pasta sauce gives you more options and more Red Gold flavor on every plate. Get recipes and a free sample at [RedGoldFoodservice.com/plant-based](https://RedGoldFoodservice.com/plant-based).



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## Lasagna Rollups



A more upscale way to serve vegetable lasagna on your menu, this menu item is guaranteed to make customers smile, and your margins too.

**PREP TIME** 30 Minutes plus  
**COOK TIME** 1hr 15 minutes bake  
**YIELD FROM ONE CAN** 16 Plates

### INGREDIENTS PER PLATE

45 weighted oz. frozen spinach, thawed and squeezed  
85 weighted oz. full cream ricotta  
4 eggs  
3 Teaspoons ground nutmeg  
1 x #10 Can (105oz.) Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style  
Approx. 2 lb. dry lasagna noodles (32 Pieces)  
3 lb. shredded mozzarella

### DIRECTIONS

1. Thaw and squeeze out excess moisture from spinach.
2. Mix spinach, ricotta, and nutmeg together and season to taste. Mix in beaten eggs.
3. Precook lasagna sheets and allow to cool.
4. Spread 4 oz. spinach mixture along each pasta sheet, roll into a spiral and place into a deep pan. Place each roll touching, to fill the pan.
5. Pour over the Red Gold Plant Based Protein Pasta Sauce, covering all the exposed pasta.
6. Cover the pan with foil and bake at 400°F for 1 hour and 15 minutes, or until the core temperature reaches 165°F. Hot hold for up to 4 hours.
7. To serve, plate 2 lasagna rolls, and spoon over additional hot bolognese sauce, if desired. Sprinkle with shredded Mozzarella and melt under the salamander before service.

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## Confit Fennel & Ricotta Pizza



Simple to prep, build and serve in a short time, while adding flair and a culinary edge to your restaurant's pizza or flatbread range.

**PREP TIME** 30 Minutes for confit fennel

**COOK & BUILD TIME** Build 1 minute, cook 4–12 depending on crust used

**YIELD FROM ONE CAN** 16 Pizzas

### INGREDIENTS PER PIZZA

#### CONFIT FENNEL

10 weighted oz. fresh fennel, bulb only

4 weighted oz. salted butter

#### FINAL BUILD

12 inch dough crust, premade or fresh

6 oz. Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style

Batch confit fennel

4 weighted oz. sliced red onion

8 fl oz. full cream ricotta

Fennel fronds, lemon zest and red pepper flakes for garnish\*  
\*Optional

### DIRECTIONS

#### CONFIT FENNEL

1. Finely slice the fennel bulb, reserving the fronds for garnish.
2. Melt the butter in a pan, add fennel and season.
3. Cook confit on a low heat for 15–20 minutes until soft, sweet and slightly golden, the volume will reduce significantly during this time. Drain excess butter.

#### FINAL BUILD

1. Spread Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style over the pizza crust.
2. Spread confit fennel and sliced red onion over the sauce.
3. Bake for the appropriate amount of time for crust chosen – dough should be golden and bubbly and sauce and onions slightly caramelized.
4. Dollop ricotta over the pizza and garnish with fennel fronds, lemon zest, and red pepper flakes, if desired.

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## Coconut Masala Cauliflower



The fennel in the Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style lends a rich and savory flavor to this coconut curry, with minimal prep time. Sub part or all the cauliflower with rinsed canned chickpeas for an interesting variation. Serve with rice or naan and garnish with fresh cilantro.

**PREP TIME** 30 Minutes

**COOK TIME** 1 Minute from hot hold

**YIELD FROM ONE CAN** 416 oz. batch  
Approx. 42 x 10 oz. Servings

### INGREDIENTS

- 1 x #10 Can (105oz.) Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style
- 5 Tablespoons minced fresh ginger
- 4 Tablespoons granulated sugar
- 3 Tablespoons Garam Masala
- 6 lb. fresh cauliflower florets or substitute for chickpeas
- 2 x 14oz. cans unsweetened coconut milk

### DIRECTIONS

1. In a large pot, stir together the Red Gold Plant Based Protein Bolognese Pasta Sauce, Curry Powder (Garam Masala), and minced ginger. Simmer covered on a low heat, stirring frequently for a minimum of 30 minutes to bring out the flavor of the spices. Add a splash of water if too much evaporation occurs.
2. Add the cauliflower florets and coconut milk, stir to combine and simmer on a very low heat until cauliflower is al denté.
3. Rapidly cool and reheat to order or hot hold above 140°F for up to 4 hours.
4. Serve sprinkled with fresh cilantro alongside Jasmine rice and buttered naan.

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## Eggplant Parmesan Burgers



Hand-held, juicy, savory; this is a classic with a serious update. A craveable dish that will set your plant-based category on fire.

**PREP TIME** 45 Minutes including draining eggplant

**COOK & BUILD TIME** Build 6 Minutes

**YIELD FROM ONE CAN** 16 Sandwiches

### INGREDIENTS PER SANDWICH

#### INGREDIENTS EGGPLANT PATTIES (batch)

Approx. 4 large eggplants

1 lb. Italian panko breadcrumbs

8 eggs, beaten

#### INGREDIENTS SANDWICH BUILD

1 Ciabatta bun, split and toasted

2 breaded eggplant slices

2 x 1 oz. slices fresh mozzarella

3 fl oz. Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style

1 oz. shredded Parmesan cheese

### DIRECTIONS

#### EGGPLANT PATTIES

1. Wash and slice the eggplants into ½ inch rounds. Depending on the size, you should get about 8 slices per eggplant.
2. Salt both sides and leave to draw out moisture for a minimum of 30 minutes or up to 2 hours. Pat dry with paper towel.
3. Dredge in egg, then Italian seasoned breadcrumbs on all sides.

#### FINAL BUILD

1. On order, deep fry 2 breaded eggplant slices in hot oil at 360°F for 60 seconds or until golden brown. Drain excess oil.
2. Put the patties in a heat-proof skillet, and top with a slice of fresh mozzarella. Toast under a salamander until golden and melted.
3. Layer the two cheese-covered patties on the toasted top and bottom buns open face style. Pour a 2 oz. ladle of warm Red Gold Plant Based Protein Bolognese Sauce over each half. Sprinkle with shredded parmesan cheese. Serve with a side of warm sauce.

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## Creamy Tortellini Minestrone



A customer favorite made heartier and more craveable with cream cheese, seasonal vegetables and Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style.

**PREP TIME** 30 Minutes

**COOK TIME** 3 Minutes microwave, reheat 1 Minute from hot hold

**YIELD FROM ONE CAN** 330 oz, batch Approx. 20 x 2 cup Portions

### INGREDIENTS

1 x #10 Can (105oz.) Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style

3 quarts vegetable stock

1.5 lb. plain cream cheese, room temperature

Approx. 4.5 lb. seasonal vegetables of your choice (e.g. Carrots, celery, onions, kale, butternut, corn, green beans, etc.)

6 Cups (0.5 x #10 Can) beans, rinsed and drained. Use cannellini or navy beans for a more traditional version, or black beans for a more colorful dish.

1.5 lb. fresh vegetarian tortellini

### DIRECTIONS

1. Cook any hard vegetables (e.g. butternut) in vegetable stock until al dente.
2. Gently mix the cream cheese in pieces into the vegetables and stock until incorporated.
3. Add Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style sauce and stir.
4. Add the fresh (or pre-cooked) pasta, beans and softer vegetables and stir to combine.
5. Bring to 165°F and cool rapidly or hold.

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## Toasted Marinara Dip



The sauciest, cheesiest sharing snack to increase check average. Hot hold Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style hot and serve in a small cast iron skillet for easy cheese toasting. Serve with garlic focaccia or baguette for scooping.

**PREP TIME** 5 Minutes

**YIELD FROM ONE CAN** 8 Servings

### INGREDIENTS

10 fl oz. Red Gold Plant-Based Protein Pasta Sauce – Bolognese Style

3 weighted oz. sliced fresh mozzarella

Fresh basil leaves, torn for garnish

### DIRECTIONS

1. Ladle hot Bolognese sauce into a small sized, tableware cast iron skillet.
2. Tear fresh mozzarella over the top and toast under a salamander, or through the deck oven until golden and melted.
3. Garnish with fresh basil leaves and serve with bread for dipping.