

Caramelized Onion, Sausage and Gouda Pizza



Servings: 8

Preparation Time: 45 minutes

Start to Finish Time: 15 minutes

What's better than pulling a hot, fresh pizza from your oven? Pulling a hot, fresh, plant-based caramelized onion and sausage pizza from your oven, that's what! This pizza recipe starts with a pre-baked store-bought pizza crust, and a batch of Spicy Italian Sausage made with Longève Original Plant-Based Protein Crumbles. The zesty sausage is browned and crumbled in a skillet before going on the pizza, along with savory caramelized onions, mellow gouda cheese and plenty of fresh herbs. Feel free to swap the gouda out for your favorite plant-based cheese. We're big fans of Follow Your Heart brand Smoked Gouda, but use what you love!

4 tablespoons olive oil
8 ounces spicy Italian Sausage
1 each onion, sliced thin
1 clove garlic, minced
1/4 teaspoon thyme, minced
1/4 teaspoon rosemary, minced
1/4 teaspoon sage, minced
1/8 teaspoon red chili flakes
1/4 teaspoon salt
1/8 teaspoon pepper
1 teaspoon balsamic vinegar
1 each pizza crust, prepared, 12-inch
2 cups gouda cheese, shredded

Heat two tablespoons olive oil in a non-stick skillet over medium heat. Add sausage mixture and flatten using a wooden spoon or heat-resistant rubber spatula. Let cook one to two minutes before beginning to break up into smaller pieces. Continue to cook for another five to six minutes, breaking up with wooden spoon or spatula, until golden brown. The sausage should be broken up into small bits and bite-sized pieces. Remove from pan and reserve.

Wipe out skillet and return to the stove. Heat two additional tablespoons of oil over medium-low heat and add the thinly sliced onions. Cook for 20 - 25 minutes, stirring occasionally, until onions are soft and a deep golden brown. Add the minced garlic, herbs, chile flakes, salt, pepper and vinegar and increase the heat to medium-high. Cook and stir for another minute or two. Transfer onions to a plate to cool.

Place a baking stone on the lowest rack of your oven and preheat to 400 degrees. If you do not have a baking stone, place a heavy-duty baking sheet on the lowest rack instead.

Remove prepared (pre-baked) pizza crust from package. Spread onion mixture evenly onto the crust and top the crumbled sausage and grated cheese.

Place pizza onto baking stone or sheet in preheated oven. Bake for 10 - 12 minutes, or crust is crisp and cheese is melted.

Carefully remove from oven and transfer to cutting board. Let pizza cool for two minutes before enjoying.

Per Serving (excluding unknown items): 495 Calories; 31g Fat (55.1% calories from fat); 23g Protein; 33g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 1029mg Sodium; 2g Total Sugars; trace Vitamin D; 419mg Calcium; trace Iron; 94mg Potassium; 328mg Phosphorus. Exchanges: .