



Spicy Kefta with Tender Peas & Peppers

Hearty one-pot vegetarian wonder is a party dish to serve for delicious fun

- 14-ounce plant based spicy sausage (4 links)
- 1/4 cup plain breadcrumbs
- 2 Tablespoons minced fresh parsley
- 1 Tablespoon ketchup
- 1/8 teaspoon ground cinnamon
- 2 cups sliced onions
- 1-1/2 cups sliced multi-colored mini peppers, trimmed, seeded
- 4 ounces sliced shiitake mushrooms, washed, trimmed
- 1/2 cup cooked green peas

1. In a bowl, combine “sausage,” breadcrumbs, parsley, ketchup, and cinnamon; mixing to combine ingredients.
2. Form 8 smooth ovals, using about 3 Tablespoon of “sausage” mixture for each.

3. Heat a large nonstick skillet over medium-to-medium high heat. Cook, turning frequently for about 10 minutes, 165 degrees F. internal temperature. Remove from skillet to warm plate to stay warm; set aside.
4. Place onions, peppers, and mushrooms in the skillet with the pan drippings. Cook over medium-to-medium high heat for 6 to 10 minutes or golden brown.
5. Replace sausages on top of cooked onion mixture; sprinkle green peas in between sausages; cover; cook over medium heat about 5 minutes or kefta is hot. Remove from heat; serve from the skillet if desired.

Cook's Note: If you want to serve from a platter; arrange warm cooked layers of onion mixture; hot sausages, and warm peas.

I used Beyond Sausage Plant-Based Links hot Italian style for the recipe.

The "sausages" are already seasoned.

Recipe Inspired by: Kim Kushner, *The Modern Table. Beef Kefta with Edamame and English Peas p.120.*

About the Recipe: The classic Moroccan recipe, typically made with beef or lamb, is usually served on skewers or meatballs. This recipe adds a spicy flair using hot spicy plant-based "sausages" and serves them on a bed of caramelized onions, colorful peppers, and mushrooms, which are topped with tender peas. Serve with some chunks of crunchy bread or flatbreads. The spices and colorful peppers add a little heat to the dish and a real party-in-your-mouth flavor.