



## **Choplet Casserole**

- 1 can Loma Linda Choplet, drained
- 2 carrots, chopped
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 7-8 small yellow potatoes, chopped
- Extra virgin Olive to drizzle veggies
- Salt and black pepper to taste
- 8 oz medium pasta (I use whole wheat fusilli)
- Earth Balance vegan buttery spread to coat pasta
- 1 cup flour (I use whole wheat pastry flour but any will do)
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- Oil of choice to brown patties in
- For gravy:
- 5 tablespoons Earth Balance vegan buttery spread
- 10 tablespoons flour + more as needed (I use whole wheat pastry flour)
- 4 cups water
- 1 tablespoon Bragg Liquid Aminos, soy sauce, or tamari
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon nutritional yeast
- 1 tablespoon dried parsley
- 1 teaspoon rubbed sage
- 1 teaspoon salt
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme

Directions:

Preheat oven to 400°F. Spray a deep 9"x13" or larger baking dish with cooking spray. Chop all the vegetables and combine them in the baking dish. Drizzle them with the olive oil, season them with salt and pepper. Bake uncovered at for 15 minutes, then stir, cover with aluminum foil, and bake for another 15 minutes or until tender.

Cook pasta according to package directions, then drain and coat with Earth Balance. In a small dish combine 1 cup flour, smoked paprika, and ½ tsp salt. Dredge the choplets in the flour mixture. Heat oil in skillet on medium heat. Brown the breaded patties on both sides then set aside.

To make the gravy, melt 5 tablespoons Earth Balance in saucepan on medium heat. Whisk in the flour, using more or less than 10 tablespoons just until you get a roux the consistency of thick wet sand. Let cook for 3 minutes. SLOWLY begin adding water and whisking to remove lumps. Add the Braggs, spices, and salt. Reduce heat to medium-low and continue whisking while simmering for several minutes until flavors meld and desired thickness is achieved. Taste and add salt as needed. Combine pasta with the veggies in the baking dish. Pour half of the gravy over the pasta and veggies and stir to combine. Place patties in 2 rows on top of the mixture in the baking dish. Pour remaining gravy over the patties, and serve or take to potluck.

*Submitted by Melita B. of North Carolina*