



Pizza

Ingredients

- 2 pounds roma tomatoes
- 1 teaspoon garlic granules
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 3/4 teaspoon sea salt, divided
- 2 tablespoons vegan butter
- 2 tablespoons flour (gluten free, if needed), plus more for rolling out dough
- 1 1/4 cups nondairy or soy-free milk
- Premade pizza dough (gluten free, if needed)
- 4 to 5 leaves fresh basil, torn into small pieces
- Favorite toppings, such as chopped or sliced bell peppers, mushrooms, and olives (optional)



Instructions

1. Make the tomato sauce: Place the tomatoes, garlic granules, onion powder, oregano, and 1/2 teaspoon of the salt in a blender. Puree until smooth.
2. Pour the sauce into a medium pot and simmer, uncovered, for about 20 minutes. It will turn bright red and get thicker.
3. Meanwhile, make the dairy-free cheese: In a small saucepan, melt the vegan butter. Add the 2 tablespoons of flour, stirring constantly for about 2 minutes, or until the mixture bubbles and turns into a paste. Be careful not to let it brown.
4. Add the milk, stirring constantly as the sauce thickens, and bring to a boil. Add the remaining 1/4 teaspoon salt and cook over low heat, stirring, for 2 to 3 minutes. Remove from the heat.
5. Assemble the pizza: Coat a cookie sheet with vegan butter. Roll out the pizza dough on a lightly floured surface and transfer to the cookie sheet.
6. Stir the basil into the sauce, then spread the sauce over the dough. Sprinkle with your favorite toppings (if using), and pour the cheese sauce over top.
7. Bake according to the pizza dough package directions, or until the crust is golden.

Recipe Note

You can pack any leftovers in your child's lunchbox for a delicious allergy-friendly meal, or have your child bring slices to a birthday party or other event that might not provide allergen-free options.