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## Vegan Creole Sauce

Love the romance (and the fragrance) of Creole flavors but not the meats (sausage and bacon grease) usually included in Creole cooking? The Ethnic Vegan test kitchens have a solution for you: Vegan Creole! This sauce has a tomato base and uses the "Holy Trinity" of New Orleans cooking: green peppers, onions, and celery. Mix in the chili powder and Tabasco sauce for spicy heat, and you've got a regional Louisiana flavor!

You can change the heat level by adjusting the amount of Tabasco® and chili powder. Serve over rice, add authentic muffaletta bread, and later cool your palate with some pecan praline frozen soy yogurt for dessert!

**Note:** Check the label on your brand of Worcestershire sauce because some contain anchovies. Vegan versions are available.

- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 3 celery stalks, chopped
- 3 Tbs. olive oil
- 1/4 tsp. minced garlic
- 2 15-ounce cans crushed tomatoes, with juice
- 1 15-ounce can tomato sauce
- 1 Tbs. chili powder
- 2 tsp. brown sugar
- 1 tsp. vegan Worcestershire sauce
- 1/4 tsp. Tabasco® sauce
- 1 bay leaf
- 1/2 tsp. salt
- 1/4 tsp. black pepper

1 Tbs. cornstarch

1. Sauté the onion, green pepper, and celery in oil in medium cookpot until onion is transparent. Add garlic and stir. Add tomatoes, tomato sauce, and spices. Add salt and pepper to taste, and simmer 30 minutes, stirring occasionally.

2. Mix cornstarch with 2 Tbs. COLD water and stir into cookpot. Let simmer another 10 minutes, stirring occasionally. Remove bay leaf. Serve over hot cooked rice. Serves at least 6.