Pizza From Scratch

Source: Vegan Kickstart

Pizza is still on the menu! Skip the cheese and top your pizza with lots of vegetables and a sprinkle of nutritional yeast.

About the Recipe

404 Calories · 13.6 g Protein · 7.3 g Fiber
Dinner
Nut-free

Ingredients

Makes 4 Servings

- 1 tbsp (30 mL) active dry yeast
- 1 c (240 mL) warm water, divided in two
- 3 c (414 g) all-purpose flour
- 1 tsp (5 mL) iodized salt
- 3 3/4 c (710 g) crushed tomatoes (25-oz can)
- 1 can (96 g) low-sodium tomato paste (6-oz can)
- 1 1/2 tsp (2.5 mL) garlic powder
- 1/2 bunch fresh basil
- 1 tsp (5 mL) oregano powder
- 1/2 tsp (2.5 mL) dry thyme

Directions

1. In a small dish dissolve the yeast with 1/2 c (120 mL) warm water. Let stand for 10 minutes.
2. In a deep dish, mix the flour and salt. Add the yeast mixture. Add the rest of the warm water and mix with a wooden spoon until the dough forms.

3. Transfer to floured surface and knead for 8 to 10 minutes or until the dough is smooth and elastic. Form a ball with the dough and transfer to a deep dish, cover with a damp cloth or plastic wrap and let stand near the oven or on a warm surface for 1 hour or until the dough has doubled in size.
4. Preheat the oven to 400 F (204 C).
5. Knead for another 15 seconds, shape, and place on baking sheet or pizza pan. Mix crushed tomatoes, tomato paste, garlic powder, basil (about 6 leaves), oregano, and thyme. Add salt if desired. Spread evenly on the base of the pizza to your liking. Reserve extra sauce for future use and freeze if needed.
6. Add desired toppings to the pizza and put in the oven at 400 F (204 C) for 25 to 30 minutes or until the base is slightly browned.
7. Ideas for pizza toppings: onions, diced bell peppers, sliced mushrooms, garlic, sliced olives, extra basil, broccoli, spinach, or arugula.
8. Note: You can use a premade pizza dough or low-sodium pizza sauce to save time.

Nutrition Facts

Per serving:

Calories: 404

Fat: 1.5 g

Saturated Fat: 0.2 g

Calories From Fat: 3.3%

Cholesterol: 0 mg

Protein: 13.6 g

Carbohydrate: 84.7 g

Sugar: 6.8 g

Fiber: 7.3 g

Sodium: 629 mg

Calcium: 68 mg

Iron: 6.4 mg

Vitamin C: 20.7 mg

Beta-Carotene: 636 mcg

Vitamin E: 2.4 mg