



## Garden Veggie Pizza with Sausage

ingredients | 2 person (4 person)

*Put away the chopping block. All your freeze dried ingredients are ready for cooking!*

### grab from your box

**Country White Dough Mix** | 2 cups (3 <sup>3</sup>/<sub>4</sub>)

**Instant Yeast** | 1 tsp. (2 <sup>1</sup>/<sub>4</sub> or 1 pkt.)

**Italian Seasoning** | <sup>1</sup>/<sub>2</sub> Tbsp. (1)

**Tomato Sauce with Basil**

Basil | <sup>1</sup>/<sub>2</sub> Tbsp. (1)

Tomato Sauce Mix | <sup>1</sup>/<sub>4</sub> cup (<sup>1</sup>/<sub>2</sub>)

**Mozzarella Cheese** | 1 <sup>1</sup>/<sub>4</sub> cups (2 <sup>1</sup>/<sub>2</sub>)

**Sausage Crumbles** | <sup>1</sup>/<sub>2</sub> cup (<sup>3</sup>/<sub>4</sub>)

### Veggie Mix

Red Bell Peppers | <sup>1</sup>/<sub>4</sub> cup (<sup>1</sup>/<sub>2</sub>)

Green Bell Peppers | <sup>1</sup>/<sub>4</sub> cup (<sup>1</sup>/<sub>2</sub>)

Mushrooms | <sup>1</sup>/<sub>4</sub> cup (<sup>1</sup>/<sub>2</sub>)

Onion Slices | 1 Tbsp. (2)

### grab from your pantry

**Butter or Oil** | 2 <sup>1</sup>/<sub>2</sub> Tbsp. (<sup>1</sup>/<sub>3</sub> cup)

**Granulated Garlic** | <sup>1</sup>/<sub>2</sub> tsp. (1)

**1 hour  
30 minutes**

### allergens:

Dairy, Wheat  
Pantry items not included

470 CALS / FATS 26G / PROTEIN 21G / SODIUM 890MG

**kitchen gadgets:** 1 (2) Pizza pan(s), mixer or bowl, pastry brush

**chef tip:** You can make your pizza dough the old-fashioned way! Mix in a bowl, then knead by hand for 5-7 minutes.



**1** *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

In a mixer with a dough hook, add the **Country White Dough Mix**,  $\frac{1}{2}$  cup + 1 tablespoon (1 cup + 2 tablespoons) **warm water**, and 1 teaspoon (1 packet) **yeast**. Mix on low until combined. Turn the mixer to medium and let dough knead for 5 minutes.



**2** Place the dough in a greased bowl and cover with plastic wrap. Once the dough has doubled in size (about 1 hour), roll out into one round pizza (4 person recipe makes 2 pizzas). While the dough is rising, move on to Steps #3.



**3** Refresh the **mozzarella cheese** with  $\frac{1}{4}$  ( $\frac{1}{2}$ ) cup of **water** in a medium container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes. Like the mozzarella, refresh the **sausage** with  $\frac{1}{4}$  ( $\frac{1}{3}$ ) cup **water**. Also refresh the **veggie mix** by adding it with 2  $\frac{1}{2}$  tablespoons ( $\frac{1}{3}$  cup) of **water**. Tumble and set aside.



**4** Preheat the oven to 400 degrees. Mix together 2  $\frac{1}{2}$  tablespoons ( $\frac{1}{3}$  cup) of **melted butter or oil** of your choice,  $\frac{1}{2}$  (1) teaspoon **granulated garlic**, and **Italian seasoning**. With a pastry brush, brush the mixture on the pizza pan(s), and place the rolled dough onto the pan(s). Brush the butter mixture on top of the pizza dough.



**5** For the sauce, in a medium sauce pot bring 1 (1  $\frac{3}{4}$ ) cup of **water** to a boil, then add the **tomato sauce with basil**. Allow to simmer for 1-2 minutes then take off heat.



**6** Spread prepared tomato sauce onto the pizza dough, adding as much as desired. Sprinkle the mozzarella on the pizza(s) followed by sausage (drain any excess water), and veggie mix. Bake in 400 degree oven for 15-18 minutes or until lightly browned.



### Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



# Nutrition Facts

4 servings per container

**Servings size** **1/4 pizza (113g)**

Amount per serving

**Calories** **390**

% Daily Value\*

**Total Fat** 18g **23%**
Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 50mg **17%**
**Sodium** 890mg **39%**
**Total Carbohydrate** 42g **15%**
Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 0g Added Sugars **0%**
**Protein** 21g

Vit. D 0mcg 0% • Calcium 402mg 30%

Iron 3mg 15% • Potas. 411mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** THRIVE BREAD MIX (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES], SKIM MILK POWDER, HONEY CRYSTALS [REFINERY SUGAR, HONEY], SHORTENING POWDER [SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, AND DISODIUM PHOSPHATE], SALT, THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT [WHOLE EGGS, YOLK, EGG WHITES (GLUCOSE REMOVED FOR STABILITY)], DOUGH ENHANCER [WHEAT FLOUR, CALCIUM SULFATE, AND 2% OR LESS ENZYMES]), FREEZE DRIED MOZZARELLA CHEESE\* (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ANNATTO COLOR), SAUSAGE CRUMBLES COOKED PORK\* (PORK, SALT, SUGAR, SPICES), RED BELL PEPPERS\*, YEAST, GREEN BELL PEPPERS\*, MUSHROOMS\*, ONION\*, SPICES\*

\*FREEZE DRIED

**CONTAINS: MILK, EGG, WHEAT, AND SOY.**

DISTRIBUTED BY THRIVE LIFE, 691 SOUTH AUTO MALL DR,  
AMERICAN FORK, UTAH 84003. MADE IN UTAH.

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