

HOMEMADE PIZZA DOUGH AND SAUCE

Ingredients for Dough:

- 3 1/2 cups all-purpose flour (or a mix of whole wheat and all-purpose)
- 1 packet (2 1/4 tsp) active dry yeast
- 1 tsp sugar or honey
- 1 1/2 tsp salt
- 1 1/4 cups warm water
- 2 tbsp olive oil

Ingredients for Sauce:

- 1 can (14 oz) crushed tomatoes
- 1/2 cup pureed vegetables (carrot, zucchini, or spinach)
- 1/4 cup cooked lentils
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper to taste



Directions:

1. In a small bowl, dissolve yeast and sugar in warm water. Let sit for 5 minutes, until foamy.
2. In a large bowl, combine flour and salt. Add the yeast mixture and olive oil, mixing until a dough forms.
3. Knead the dough on a floured surface for 8-10 minutes, until smooth and elastic. Place in an oiled bowl, cover, and let rise for 1 hour, or until doubled in size.
4. While the dough rises, prepare the sauce. In a saucepan, heat a bit of olive oil over medium heat. Sauté garlic until fragrant, then add crushed tomatoes, pureed vegetables, lentils, and seasonings. Simmer for 15 minutes, stirring occasionally.
5. Preheat the oven to 475°F (245°C). Roll out the dough and transfer to a pizza stone or baking sheet. Spread the sauce and add your favorite toppings.
6. Bake for 12-15 minutes, until the crust is golden and the cheese is bubbly.

Save and Store

Leftovers from pizza night can be stored for quick meals later in the week. You can even freeze extra sauce or dough for a future pizza night, making homemade pizza a convenient option any time.

Bring joy, creativity, and wholesome eating to your family table with homemade pizza. It's more than a meal—it's a memory in the making!