

LiveWell

Veggie-loaded tomato sauce

Yield: 12 servings, 1/2 cup each



Ingredients:

2 teaspoons vegetable oil
1 medium sweet onion, diced
1 cup diced carrots
6 garlic cloves
1 ½ cup diced red bell pepper
¾ cup diced celery
½ cup diced zucchini
2 Tablespoons Italian seasoning
1 teaspoon chili powder
½ teaspoon salt
14.5-ounce can no-salt-added
diced tomatoes
15-ounce can no-salt-added
tomato sauce
Water as needed

Directions:

1. In a large saucepan, heat oil over medium heat. Add onions and carrots. Sauté until onions are translucent, 5-7 minutes.
2. Add garlic, red bell pepper, celery, zucchini, and Italian seasoning. Sauté until vegetables are soft, 7-10 minutes.
3. Add remaining ingredients. Bring mixture to a boil, then reduce heat and simmer for 10-15 minutes.
4. When vegetables are soft, remove from heat. Blend mixture with an immersion blender until smooth. Serve warm, or allow to cool before storing in the refrigerator.

Nutrition information per serving:

Calories: 60	Sodium: 160 mg	Food exchanges:
Fat: 1 gram	Carbohydrates: 11 grams	3 vegetables
Saturated fat: 0 grams	Fiber: 3.5 grams	1 carbohydrate
Cholesterol: 0 mg	Protein: 2 grams	