



Hidden Veggie Pasta Sauce

SERVINGS: 5

PREPPING TIME: 5 MINS

COOKING TIME: 25 MINS

INGREDIENTS

- 2 tbsp. olive oil
- 1 onion, diced
- 2 celery ribs, diced
- 2 carrots, peeled and diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 3 cloves garlic, minced
- Black pepper, to taste
- 2 cups tomato sauce
- Grated parmesan cheese (optional)
- Red pepper flakes (optional)

DIRECTIONS

1. Heat olive oil in a large, high-sided pan over medium heat. Sauté the diced onion, celery, carrots, bell pepper, and zucchini, stirring occasionally, until they become translucent (about 10 minutes).
2. Season with black pepper and red pepper flakes as needed, reduce heat to medium-low, and add minced garlic. Pour in the tomato sauce, lower the heat, and simmer partially covered for 15 minutes.
3. Carefully place mixture in a blender and blend until smooth, about 1-2 minutes. Pour over some pasta or zucchini noodles and garnish with parmesan if desired!

NUTRITION

Serving size: 3/4 cup (229g)
(per serving) 100 calories, 4.5g fat, 0.5g saturated fat, 0mg cholesterol, 45mg sodium, 14g carbohydrate, 4g fiber, 8g sugar, 3g protein