

Veggie Boosted Tomato Sauce

Servings: 8

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- 1 teaspoon oil
- 2 cups mushrooms, finely diced or grated
- 1 medium carrot, finely diced or grated
- 1 medium onion, finely diced or grated
- 1 medium zucchini, finely diced or grated
- 4 cloves garlic, minced
- ¼ teaspoon salt
- 2 (28 ounce) cans tomatoes, no salt added
- 1 teaspoon sugar
- Optional: basil, oregano, red pepper flakes, black pepper

Instructions

STEP 1: Heat oil in a large pot over medium heat. Add the mushrooms, carrot, onion and zucchini. Add salt and optional seasonings, and stir frequently until veggies are soft and the liquid has evaporated, about 5 to 10 minutes. Add garlic and cook for 1 more minute.

STEP 2: Add the tomatoes and sugar. Turn heat to low and simmer until sauce thickens, about 15 to 20 minutes. Serve warm over pasta or as a pizza sauce.



- **Shopping Tip:** Choose canned tomatoes with no salt added to lower sodium content.
- **Ingredient Swap:** Missing one of the veggies in the recipe? Use yellow squash, bell pepper, kale, spinach, collard greens, or eggplant instead!



Per Serving: 100 Calories | 11g Carbs | 6g Sugar | 4g Fiber | 6g Fat (1.5g Sat Fat) | 3g Protein | 120mg Sodium
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