



Tried and Tested: Easy Vegetarian Spaghetti Sauce

Enjoy the fall harvest and use fresh vegetables from Nova Scotia gardens to make this veggie sauce. Enjoy this delicious, easy and healthy spaghetti sauce on its own or on top of brown rice, whole wheat spaghetti or any other combination.

Recipe tried and tested by Dianna Dibblee, PDt

Serves 4

Ingredients

- 2 large onions
- 2 T olive or canola oil
- 12-14 large diced red field tomatoes (can remove seeds or skins but I prefer to add these)
- 2 cups finely chopped or grated zucchini
- 1 cup chopped or grated carrot
- Spices to taste. 3 T dry basil or handful fresh basil, 5 T fresh minced garlic, 2 T oregano and ground salt and pepper to taste
- 1 cup water or less if desired for thicker consistency.



Directions

1. Chop finely 2 onions.
2. In large frying pan add onions to heated oil. Let cook on med high 6-8 mins until slightly brown. Stir often.
3. Add in tomatoes, carrots, spices and water. Let simmer for 15-20 mins.
4. Add in zucchini. Let simmer 30-40 mins or more depending on desired consistency. Stir often.
5. Serve over your favorite rice or pasta or enjoy on its own as a side dish with lean cooked chicken breast.