

Recipe for:

GARDEN PASTA SAUCE

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 zucchini or summer squash, chopped
- 2 carrots, chopped
- 1 bell pepper, chopped
- 8-9 San Marzano Tomatoes, chopped
- 1 cup of fresh herbs (basil, parsley, garlic chives)
- salt to taste
- 1 1/2 cups of water

DIRECTIONS

1. Heat olive oil in a pot over medium heat.
2. Add all ingredients to the pot.
3. Bring pot to a boil then cover with a lid and let simmer for about an hour.
4. Test for doneness by piercing a carrot with a fork.
5. If tender, use an immersion blender and puree to the desired consistency.
6. Serve over noodles and enjoy!