



Fresh Vegetable and Tomato Sauce

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 pepper, chopped
- 1 pepper, chopped
- 2 zucchini, chopped
- 1 tbsp olive oil
- 3 large tomatoes, chopped
- 4 tbsp water
- Salt and pepper to taste

Directions:

1. Heat a pan/pot over medium heat with olive oil; add onions and sauté for 5 minutes; add carrots, peppers, zucchini, and garlic, and sauté another 5 minutes
2. Add tomatoes and water; cover for 20 minutes on simmer
3. Uncover pot and let some of the liquid evaporate to thicken sauce to consistency of choice
4. Serve over your favorite grain and enjoy!

Cookware needed:

Medium pot/pan



Cost: 

Ease:



Health Benefit: This meal provides you with tons of great fiber and uses only fresh ingredients! Add in some leftover chicken for protein and you got yourself a well rounded meal!

Great over pasta, rice or any other grain!