

Rich Red Sauce – Vegan

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Serving Size: 6
Calories per serving: 96
Fat per serving: 0.8 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 45.

Ingredients

- 4 cups cleaned, sliced mushrooms
- 1 cup apple juice
- 1 tablespoon Italian seasoning
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 tablespoon garlic powder (optional)
- 4 cups diced tomatoes
- 2 tablespoons arrowroot
- 1 cup rice milk or low-fat soy milk
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Instructions

1. In a 4-quart saucepan, steam-fry the mushrooms, apple juice, and spices for 10 minutes.
2. Add the tomatoes and simmer 15 more minutes.
3. Mix the arrowroot with the rice or soy milk, and add slowly to sauce while stirring. Allow the sauce to slowly boil until thick (3-5 minutes).
4. Serve over pasta or spaghetti squash.

Notes

Nutrition facts (per serving): Calories: 96, from fat: 6.7, total fat: 0.8g, cholesterol: 0mg, sodium: 264mg, total carbohydrate: 22g, fiber: 2.4g, sugar: 13g, protein: 3.2g.