

Vegetable Marinara Sauce – Vegan – SOS

Prep Time: 20 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 20 minutes

Serving Size: 12
Calories per serving: 85
Fat per serving: 0.8 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 47.

Ingredients

- 6 cups soup stock or water
- 1 eggplant, cubed
- 4 cups sliced mushrooms
- 3 medium zucchini, sliced
- 2 leek bulbs, chopped
- 1 red or green bell pepper, chopped
- 16-ounce tomato paste
- 3 tablespoons basil
- 1 tablespoon oregano
- 1 tablespoon garlic powder
- 1/2 teaspoon rosemary
- 1 cup apple juice
- 4 ripe tomatoes, chopped

Instructions

1. In an 8-quart soup pot, bring 3 cups soup stock or water to a boil.
2. Add the eggplant, mushrooms, zucchini, leeks, and bell pepper. Simmer on low heat until tender.
3. Stir in the tomato paste and remaining stock/water, then add the seasonings.
4. Simmer on low at least an hour, longer if possible.
5. Add the apple juice and tomatoes for the last 30 minutes of cooking time.
6. The sauce will be chunky; it can be blended in a food processor or blender after cooking if a smooth consistency is desired.
7. Good over pasta, rice, or any grain.

Notes

Nutrition facts (per serving): Calories: 85, from fat: 6, total fat: 0.8g, cholesterol: 0mg, sodium: 43mg, total carbohydrate: 17g, fiber: 3.9g, sugar: 5g, protein: 3.2g.