

Zesty Tomato Sauce – Vegan – SOS

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

Serving Size: 12
Calories per serving: 66
Fat per serving: 0.7 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 46.

Ingredients

- 24-ounce tomato paste
- 6 cups water
- 1/4 cup apple juice
- 1 red or green bell pepper, diced or sliced in strips
- 10 mushrooms, cleaned and sliced
- 3 tomatoes, diced
- 2 teaspoons Italian seasoning
- 2 teaspoons basil
- 2 teaspoons oregano
- 1 tablespoon garlic powder
- 4 bay leaves

Instructions

1. Simmer all the ingredients in a medium saucepan at least 30 minutes, stirring occasionally.

Notes

Nutrition facts (per serving- ¼ cup): Calories: 66, from fat: 6, total fat: 0.7g, cholesterol: 0mg, sodium: 44mg, total carbohydrate: 15g, fiber: 3.2g, sugar: 8g, protein: 2.9g.