

## Low-Sodium Sun-Dried Tomato Veggie Sauce

This rich-tasting vegan sauce is great hot or cold. Spoon it over your favorite cooked, cold pasta for lunch or dinner. This is a wonderful way to enjoy organic summer vegetables. Be sure to use low-sodium sun-dried tomatoes.

15 minutes prep time ■ makes about

3 cups

- 1 c chopped vegetables (mix and match zucchinis, bell peppers, onions, garlic, leeks, broccoli, tomatoes, etc.)
- 1 Tbsp garlic granules
- 2 to 4 Tbsp low-sodium sun-dried tomatoes packed in oil
- 1/4 c fresh chopped herbs (mix and match basil, oregano, sage, rosemary, thyme, etc.)
- 1/4 tsp ground chipotle pepper (optional)
- 1 (16 oz) can of tomato sauce or tomato puree (no-salt, no-salt-added, or low-sodium varieties)
- Sprigs of parsley or cilantro for garnish

1. In a large pot or skillet over medium heat, sauté vegetables and garlic with sun-dried tomatoes for a few minutes until vegetables are soft.
2. Add herbs, chipotle, if using, and tomato sauce or puree. Reduce to simmer. Stir constantly until sauce is well-blended and hot.
3. Garnish and serve right away or refrigerate and use within three days.

Per 1-cup serving: 87 Calories, 4 g Protein, 20 g Carbohydrates, 4 g Fiber, 0.5 g Total fat, 79 mg Sodium, ★★★★★ Vitamin C, ★★ Vitamin A, Copper, Potassium, ★ Vitamins E, B6, K, Minerals Iron, Manganese

Original recipes by Letitia L. Star.

**D** Dairy Free

**G** Gluten Free

**N** Nut Free

**V** Vegan

**V** Vegetarian