

Recipe by Letitia L. Star

Sun-Dried Tomato and Cocoa Sauce

10 minutes prep time n makes about 2 cups

- 2 Tbsp sun-dried tomatoes (julienne cut or chopped, packed in olive oil)
- N c onion, diced
- 1 tsp fresh garlic, minced
- 2 c crushed canned tomatoes
- 1 Tbsp baking cocoa (not Dutch-processed)
- 1 bay leaf
- Ground chipotle or cayenne pepper
(to taste)

1. In a medium-size pot over medium heat, sauté sun-dried tomatoes, onion, and garlic until onion is soft and yellow.

2. Add canned tomatoes, cocoa, bay leaf, and ground chipotle or cayenne pepper. Stir well.

3. Reduce heat and simmer for 10 minutes until sauce is hot.

Per 1-cup serving: 118 Calories, 5 g Protein, 25 g Carbohydrates, 7 g Fiber, 2 g Total fat, 320 mg Sodium, HHH Vitamin C, HH Vitamin A, Copper, Manganese, H Niacin, Vitamin B6, Iron, Magnesium, Potassium