

David's Pasta Sauce

Ingredients:

- 1 medium red onion finely diced (see my web site for definition of medium)
- 1 Tbsp finely chopped fresh cilantro
- 1 Tbsp diced bottled garlic
- 1 Cup sliced mushrooms (or 8 oz. can)
- 3 Tbsps olive oil
- 2 15 oz. cans of diced tomatoes (I use no salt added)
- 1 15 oz. can tomato sauce (I use no salt added)
- 1 15 oz. can tomato puree
- 1 6 oz. can tomato paste
- 1 Bottle roasted red peppers
- 1 Package of fresh broccoli slaw **OR**
- 1 Package of pearly broccoli and cauliflower (or 1/2 package of each)
- 1 Pound ground beef or Italian sausage (optional)

Seasoning (adjust to taste):

- 2 Rounded Tbsps of Oregano leave
- 1 Rounded Tbsp of Basil leave
- 1 Rounded Tsp of crushed Rosemary
- 1/2 Tsp of Summer Savory
- 1-2 Tbsps of salt (I use NoSalt - a salt substitute)
- 1/2 Tsp of ginger flakes
- 1/4 Tsp of black or red pepper

Directions:

In the olive oil sauté the chopped onions. After several minutes add and brown the garlic and then add the cilantro and ginger mixing it into the onions and garlic. After a few minutes add the mushrooms, if fresh mushrooms are being used, and sauté for several minutes.

Push the sautéed vegetables to the side or use another skillet to fry the ground meat, if using. Add a little more olive oil if cooking the meat. Add a little salt and pepper to the meat as it cooks. When the meat is cooked mix with the sautéed ingredients.

In a deep skillet (large pot or crock pot) add cooked ingredients to the canned tomatoes, sauce, puree and paste. Next, add one bottle of roasted red peppers that have been drained and cut into strips. If using canned mushrooms drain and add them now. Stir in the broccoli slaw or pearled broccoli and cauliflower after steaming it for 5 minutes Stir all of the ingredients together well and then add the seasonings. Let the sauce simmer for at least 15-20 minutes. Serve with the pasta of your preference.

I a box of Dream Field low carb Rotini cooked in water with salt, a bay leave and a shot of olive oil.

Mozzarella or other Italian cheese can be sprinkle over the spaghetti after it is served.