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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***30-Minute Pasta Sauce***  *Not Your Mama’s Kitchen*  *Variety Shopping List*  *MyPlate2Yours - Lynn Dugan* Serving Size: 2-3Ingredients ¼ cup olive oil 1 medium onion, finely diced ¼ cup shredded carrots, finely chopped  4 cloves garlic, minced  2 cans (15 ounces each) diced tomatoes (undrained) 1 tablespoon chopped fresh parsley (or 1 teaspoon dried) 2 teaspoons honey 1 teaspoon salt  Ground black pepper Shredded parmesan cheese, for garish Directions 1. Heat oil in saucepan.  Add onion, carrots and garlic, lower heat and cover for 5 minutes.  2. Add tomatoes, parsley, honey, salt and pepper.  Simmer for 20 minutes. This is a great time to start cooking your pasta or rice.  3. The finished sauce is chunky. If a smoother texture is desired and a stand blender is available, blend to puree. Be careful when blending hot pasta sauce and work in small batches.  4. Serve on top of pasta or rice and garnish with shredded Parmesan cheese.  Enjoy! |