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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***30-Minute Pasta Sauce****Not Your Mama’s Kitchen* *Variety Shopping List**MyPlate2Yours - Lynn Dugan*Serving Size: 2-3Ingredients¼ cup olive oil1 medium onion, finely diced¼ cup shredded carrots, finely chopped 4 cloves garlic, minced2 cans (15 ounces each) diced tomatoes (undrained)1 tablespoon chopped fresh parsley (or 1 teaspoon dried)2 teaspoons honey1 teaspoon salt Ground black pepperShredded parmesan cheese, for garishDirections1. 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! |