



## Chunky Vegetable Marinara

Serves 1

### Ingredients:

- 1 Tbsp. (0.5 oz.) Olive Oil
- 2 each (0.4 oz.) Garlic Gloves , minced
- 1/2 each (4 oz.) White Onion , medium diced
- 1 each (4 oz.) Green Bell Pepper , medium diced
- 1 1/2 each (4.5 oz.) Carrots , peeled and medium diced
- 2 cups (5.5 oz.) Button Mushroom , de-stemmed and quartered
- 2 Tbsp. (1.2 oz.) Tomato Paste
- 1 Tbsp. (0.3 oz.) Italian Leaf Parsley , minced
- 1/8 tsp. Crushed Red Chili Flakes
- 1/4 tsp. Dried Oregano
- 1 3/4 cups (14 oz.) Canned Crushed Tomatoes
- Kosher Salt to taste
- Black Pepper to taste

Yield: approx. 2 1/2 cups

### Directions:

1. Heat olive oil over medium-high heat; sweat garlic, onions, peppers and carrots for 10 minutes. Add mushrooms and cook for another 5 minutes.
2. Add tomato paste and cook for about 2 minutes before adding in fresh parsley, crushed red chili flakes and dried oregano.
3. Add can of tomatoes and let simmer on med to med-low heat for about 15 minutes or until thickened. Season with salt and pepper.
4. Reserve warm for assembly.