



## Recipes

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### 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.