



## **Roasted Vegetable Sauce**

- 1 medium onion, peeled and quartered
- 1 carrot, peeled and cut into 1-inch pieces
- 1 stalk celery, cut into 1-inch pieces
- 1 zucchini or yellow squash, cut into 1-inch pieces
- 2 cloves garlic, peeled
- 4 ounces button mushrooms
- 1 to 2 teaspoons extra-virgin olive oil
- salt and freshly ground black pepper
- 4 large tomatoes (about 2 ½ pounds) or
- 1 28-ounce can imported peeled plum tomatoes
- 1 tablespoon tomato paste
- 1 to 2 teaspoons balsamic vinegar
- ½ teaspoon honey or sugar
- 6 fresh basil leaves
- 8 fresh oregano leaves, or 1 teaspoon dried
- ½ teaspoon hot pepper flakes (optional)

Preheat the oven to 450-degrees

Place the onion, carrot, celery, zucchini, garlic, and mushrooms on a baking sheet or in a shallow roasting pan. Toss the vegetables with the oil and season with salt and pepper. Roast the vegetables until a deep golden brown, 20 to 30 minutes, stirring occasionally to ensure even browning.

If using fresh tomatoes, remove the cores and cut each in 8 pieces. Add the tomatoes to the vegetable pan and roast for 10 minutes to evaporate some of the tomato water. If using canned tomatoes, you don't need to roast them.

Transfer the roasted vegetables and tomatoes to a food processor with the tomato paste, vinegar, sugar, basil, oregano, and pepper flakes and grind to a coarse puree. Place the sauce in a sauce pan and simmer for 5 minutes to blend the flavors. Correct the seasoning, adding salt, vinegar, or sugar to taste.

Yield about 5 cups, enough to serve 8 to 10

Nutritional Analysis per serving: Calories 59, Protein 2.2 g, Fat 1.2 g, Saturated Fat 0.2 g, Carbohydrates 12 g, Sodium 38 mg, Cholesterol 0 mg