

Vegetarian Pasta Sauce

Based on a recipe for Wellness in the Schools by Bill Telepan

Ingredients

- 2 ounces vegetable oil
- 1 onion, diced small
- 1 red pepper, diced small
- 1 green pepper, diced small
- 4 cloves garlic, minced
- 2 tablespoons dried oregano
- 2 teaspoons dried basil
- 3 ounces tomato paste
- 1 28-ounce can diced tomato
- 1 14-ounce can beans, white or chickpeas, draining half of the liquid
- 1 zucchini, diced small
- 1 cup broccoli florets

Preparation

On medium heat, saute onion, peppers and garlic in oil with a pinch of salt. Cook covered for about 10 minutes, stirring occasionally. Mix in spices, paste, tomatoes and a half a can of water. Simmer for about 20 minutes, until thick.

In a large pan heat remaining oil and add zucchini and broccoli. Cover pan for 1 minute. Add 2 tablespoons of water and salt and cover and cook 2 more minutes. Turn off heat and reserve.

After cooking 20 minutes, add beans to sauce and simmer for 5-7 minutes. Add vegetables and cook 2 more minutes. Salt to taste.