

Vegan Marinara Sauce

Serves four

1 TBS olive oil
1 small onion – finely chopped
4 large garlic cloves – minced
1 tsp. dried oregano
about ¼ cup of finely chopped bell pepper
1 TBS tomato paste
1 cup of tomato sauce (I peeled and blended 3 large tomatoes)
½ cup water
½ tsp. sugar
Salt & Pepper
¼ cup chopped basil leaves

Heat the olive oil in a skillet. Add the onion and cook for about 5 minutes until softened and translucent. Add the garlic and cook for about 1 minute – stirring constantly. Add the oregano and mix it in.

Add the bell pepper and cook for a few minutes until the bell pepper softens a bit. Add the tomato paste and mix it in. Add the tomato sauce and the water. Mix well. Add salt and pepper to taste and mix well.

Cover the skillet and bring to a simmer. Let the sauce simmer at low heat for about 30 minutes.

Turn off the heat and add the chopped basil. Mix in and serve your sauce over pasta or polenta.