

## RECIPE IDEA:

## Vegetarian Spaghetti Sauce

## **INGREDIENTS**

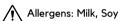
- 2 Tbsp Butter
- 2 Onions, finely chopped
- 1 C chopped Green Pepper
- · 2 Carrots, finely chopped or shredded
- 4. 4oz Jensen® Plant-Based Patties, thawed
- 6 large ripe Tomatoes, chopped or 1 can (28 oz) chopped Tomatoes, drained
- · 1 tsp dried Oregano
- ½ tsp dried Rosemary
- ½ tsp dried Tarragon
- Salt and Pepper to taste
- 1 Bay Leaf
- · 8 oz Fresh Mushrooms, sliced

## **DIRECTIONS**

- 1. In a large skillet over medium heat, sauté the finely chopped onions, carrot, and green peppers with the butter. Add the plant-based patties, and cook until brown.
- 2. Add chopped tomatoes, dried oregano, tarragon, rosemary, and bay leaf. Add salt and pepper to taste. Simmer for an hour.
- 3. About 10 minutes before serving, add in mushrooms and simmer until softened.









Nutrition Facts will vary based on ingredients used.

Nutrition I	Facts
Serving size	1 Cup
Amount Per Serving Calories	260
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	20%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	s <b>0</b> %
Protein 18g	36%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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