

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



Serves 6

Allergens: Milk, Soy

Nutrition Facts will vary based on ingredients used.

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	
Serving size	1 Cup
Amount Per Serving	
Calories	260
	<small>% Daily Value*</small>
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	0%
Protein 18g	36%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	