

ADVENTUROUS PIZZA/PASTA SAUCE

INGREDIENTS

- 1 28oz. can peeled *Italian/plum tomatoes
- 2 cloves garlic
- 1 Tablespoon Extra Virgin Olive Oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Veggie Puree
- 1/2 cup cauliflower, chopped
- 1 med carrot, chopped
- 1/2 cup swiss chard
- 1/2 cup zucchini
- 1 roasted red pepper, seeds and skin removed

**(You can substitute any veggies you would like... squash, broccoli stems, Kale...)*

DIRECTIONS

Bring large pot of water to boil. Add pinch of salt. Add veggies and blanch for approximately 4 minutes until tender.

Drain veggies and add to blender. Puree until smooth. Add liquid from can of tomatoes if needed.

Add canned tomatoes and rest of ingredients and pulse.

Add contents to pot and bring to boil then reduce and simmer on stove for about 45 minutes.

*Taste for seasoning!

Note: Feel free to add fresh basil or parsley to finished sauce. Add red pepper flake for heat.

**San Marzano are my favorite type of canned tomato*



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