

Roasted Vegetable Sauce

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Taste of Home - June/July 2020

Yield: 2 quarts

2 medium zucchini or yellow summer squash, chopped
3 medium cattots, chopped
2 medium onions, chopped
3/4 pound fresh mushrooms, sliced
1 medium sweet red pepper, chopped
1 medium green pepper, chopped
3 tablespoons olive oil
5 cloves garlic, minced
3 teaspoons Italian seasoning
1 teaspoon Kosher salt
1/2 teaspoon crushed red pepper flakes (optional)
2 cans (28 ounce ea) crushed tomatoes in puree', divided
1/2 cup dry red wine

Preparation Time: 35 minutes**Bake Time: 50 minutes**

Preheat the oven to 400 degrees.

In a roasting pan, place the zucchini, carrots, onions, mushrooms, red pepper and green pepper. Toss with oil, garlic, Italian seasoning, salt and red pepper flakes, if using.

Roast until tender, 50 to 60 minutes, stirring occasionally. Cool slightly.

Transfer half of the vegetables to a food processor. Add one can of the tomatoes. Process until smooth. Remove to a six-quart stockpot. Repeat with the remaining roasted vegetables and tomatoes.

Add the wine to the sauce. Bring to a boil. Simmer, uncovered, stirring occasionally, for 10 minutes to allow the flavors to blend.

Per Serving (excluding unknown items): 705 Calories; 43g Fat (57.5% calories from fat); 13g Protein; 59g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1984mg Sodium. Exchanges: 0 Grain(Starch); 10 Vegetable; 8 Fat.