

# Jim's Real Food Kitchen

*A Plant Based Whole Foods Lifestyle*



## Marinara Sauce

First made by Vegan Jim 3/17/2021



A good Marinara Sauce is a must for many cooks and pasta lovers. This vegan recipe is void of oil and sugar but the spices provide very good flavors. It may not only be used on pasta but is very good on baked potatoes and other steamed vegetables.

### Ingredients

- 2 medium onions, chopped
- 1 medium carrot, peeled and finely grated
- 1 can of Organic Tomatoes Diced Petite in Tomato Juice No Salt Added - 14.5 oz
- 1 can of Organic Tomato Sauce No Salt Added - 15 oz
- 1 can of Organic Tomato Paste - 6 oz
- 1/4 teaspoon red pepper flakes, or to taste
- 1 bay leaf
- 2 tablespoons dried whole basil
- 1 teaspoon dried whole oregano
- 1 pinch fennel seed
- 1/4 teaspoon ground allspice
- 1/2 teaspoon minced garlic

Note: Vegan Jim uses only organic ingredients.

### Instructions

1. Sauté onions and carrots in small amount of water for about 10 minutes.
2. Combine all ingredients in a small Crockpot.
3. Cook on high setting for 4-6 hours.
4. Turn off Crockpot, remove bay leaf.
5. Sauce is ready to use or store refrigerated for later use.

### Alternative cooking method

1. Combine all ingredients in cooking pot.
2. Bring just to a boil, lower heat, and simmer uncovered for 30 minutes or until desired thickness.
3. Remove the bay leaf.
4. Ready to use.