



## Vegetable Tomato Sauce Penne Pasta Recipe



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Servings: 2 servings

Contains: Whole Wheat

### Nutrition Facts

Serving size: 1 cup

Servings: 2

Amount per serving

**Calories** **137**

% Daily Value\*

<b>Total Fat</b> 7.2g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 257mg	<b>11%</b>
<b>Total Carbohydrate</b> 17.2g	<b>6%</b>
Dietary Fiber 3.9g	<b>14%</b>
Total Sugars 9.1g	
<b>Protein</b> 2.8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 68mg	<b>5%</b>
Iron 1mg	<b>7%</b>
Potassium 422mg	<b>9%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

**\*Calorie breakdown for Sauce**

### Ingredients

- 1-2 cups of whole wheat penne (also use Banza or some other grain free pasta for gluten or wheat allergies)

#### Vegetable Tomato Sauce (2 servings):

- 1 tablespoon of olive oil, to sauté vegetables
- 1 cup carrot, chopped
- 1/4 cup of chopped onion
- 1/4 cup of chopped red bell pepper
- 1/4 cup chopped celery
- 2 cloves of sliced garlic
- 1/2 teaspoon of dried oregano
- 1/2 teaspoon of dried basil
- 1 oz of tomato paste
- 2 cups of whole peeled tomato
- 1 cup water, salt to taste

### Instructions

- 1.) Wash, Peel and Chop/Slice Vegetables.
- 2.) Sauté vegetables till tender. Put vegetables, herbs, and water in blender and blend until creamy. Set Aside till ready to cook.
- 3.) Cook wheat penne pasta (or other pasta) according to instructions
- 4.) Bring sauce to a simmer in small pot, add cooked penne pasta and mix thoroughly to keep warm till time to serve. Enjoy!

