

Italian Red Sauce with Mushrooms

Original Recipe by Shawna Horton for Power Nation Family



Ingredients:

1 onion, peeled and quartered	2 bay leaves
2 celery stalks, cut in half	1 tsp dried oregano
4-5 cloves garlic, peeled	1/2 tsp crushed red pepper
1 red bell pepper, quartered	1/2 to 1 tsp Worcestershire sauce
2 Tbs fresh squeezed lemon juice (1/2 lemon)	Sliced mushrooms (canned or fresh) *
1 can whole peeled tomatoes	2 Tbs coconut sugar
1 can diced tomatoes	12 fresh basil leaves, chopped
1 can tomato paste	
1/2 tsp salt	
1 t dried parsley	

Directions:

In food processor, add onion, garlic, red bell pepper, and celery and pulse until combined (nice and mushy).

In large pot, add cans of tomatoes. Break up whole tomatoes with hands. Add tomato paste. Add chopped vegetables from food processor. Stir. Place on stove, cover, and simmer sauce for approximately 10 minutes (do not boil). Add salt, lemon juice, parsley, bay leaves, dried oregano, crushed red pepper, Worcestershire sauce, mushrooms. Stir. Add 1 Tbs coconut sugar. Stir. Simmer for 15 minutes. Taste and add additional coconut sugar and other seasoning to taste. Add chopped basil leaves. Cover and simmer for 30 minutes, until mushrooms are fully cooked.

* Sliced , fresh, baby portabellas will add a nice meaty taste

