

Veggie Pasta Sauce

Ingredients

- Fresh veggies of your choice—onions, carrots, zucchini, broccoli, cauliflower, spinach, peppers, celery
- 4 garlic cloves, minced or finely cut
- ¼ c. water
- 1 T. Bill’s Best Chicken Seasoning
- 28 oz. can crushed, stewed or whole tomatoes
- 8 oz. tomato sauce (opt.)
- 2 T. tomato paste
- Seasonings to taste—Italian, oregano, basil, savory or thyme
- 1 bay leaf
- Salt to taste
- Sweetener to taste--honey, agave, maple syrup, coconut sugar

Instructions

1. Blend 28 oz. tomatoes in blender, if desired, for a smoother sauce.
2. Sauté veggies and garlic with water and chicken seasoning in a large frying pan—cooking veggies lightly.
3. Add remaining ingredients and bring to a gentle boil. Reduce to a simmer, cover and cook for 20-30 minutes.
4. **Remove** whole bay leaf when layering in lasagna!

To layer lasagna:

1. Pasta Sauce
2. Lasagna noodles (pre-cooked or use no-boil kind)
3. Béchamel Sauce
4. Boca crumbles sautéed with red pepper if desired and seasoned with oregano
5. Repeat starting at #2
6. End with 3rd layer of noodles and pasta sauce to cover

***Notes:** *This sauce can also be made with fresh garden tomatoes. Simmer tomatoes with bay leaf until tomatoes are cooked down and add sautéed veggies, seasonings and remaining ingredients.*

***Optional Tofu filling:** *2 boxes Morinaga Silken Tofu, Lite Firm, 12.3 oz.
1 container vegan cream cheese, Go Veggie (Winco)
Season with salt, nutritional yeast, onion powder, garlic powder*