

Delicious Marinara Sauce

Ingredients

1 Tbsp. olive oil	1 Tbsp. Italian seasoning
4 ribs celery, chopped	1 Tbsp. Mrs. Dash garlic and herb seasonings
1 medium, yellow onion, chopped	2 T. parsley flakes
½ lb. fresh mushrooms, cleaned and chopped	Bag of fresh spinach, chopped
1 (15 to 16-oz.) cans “no salt” petite diced tomatoes	¼ cup fresh basil, chopped
1 (8 oz.) “no salt” tomato sauce	

Directions

Sauté celery, onion and mushrooms in the tbsp of oil until onions are transparent and most of the water is gone. Add the next five ingredients. Simmer over low heat for one hour. Add chopped basil and spinach the last 20 minutes. Sauce may be served over whole-wheat or any seasoned spaghetti/noodles. May also be used as a topping on pizza. **NOTE:** All vegetables may be chopped to the size according to your use; coarse for pizza or pita bread and fine for the spaghetti sauce.