



RHU'S MARINARA SAUCE

Intermediate Lifestyle

INGREDIENTS

1 TBS olive oil	1 TSP dried oregano
1 cup diced onion	1 TSP dried basil
1 cup sliced mushrooms	½ TSP dried rosemary, crushed
¼ cup diced green bell pepper	½ TSP black pepper
6 garlic cloves, crushed	¼ TSP salt
¾ cup dry red wine	2 bay leaves
¾ cup water	1 (28 oz) can whole tomatoes, undrained and chopped
¼ cup chopped fresh parsley	1 (6 oz) can tomato paste
1 TBS Splenda	

INSTRUCTIONS

—Heat olive oil in a Dutch oven over medium-high heat. Add onion, mushrooms, bell pepper, and garlic. Sauté 5 minutes or until tender.

—Add remaining ingredients, and bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

SERVING INFO: (Serves 6): 1 cup = 2 V

See photo of recipe at [Instagram](#) and [Facebook](#).