

## **Vegetarian Spaghetti Sauce**

### Ingredients:

2 tbsp. olive oil  
2 small onions, chopped  
3 cloves garlic, chopped  
1 ¼ cups sliced zucchini  
1 tbsp. dried oregano  
1 tbsp. dried basil  
1 8 oz. can tomato sauce  
1 6 oz. can no-salt added tomato paste  
2 medium tomatoes, chopped  
1 cup water  
3 cups cooked spaghetti

### Directions:

Heat oil in a medium size skillet, Add onions and zucchini and cook for 5 minutes on medium heat. Add remaining ingredients and simmer, covered, for 45 minutes. Serve over spaghetti.

Serves 6 Only 102 calories per ¾ cup serving!