

Grandma Ovník's Spaghetti Sauce

Grandma "O" wasn't a vegetarian, and wasn't too thrilled about me becoming one either... but spaghetti was always her favorite dish and she was doing this one long before she met me. She just "doctored up" the jar sauces to make a chunky, healthier sauce that *everyone* in the family has "grown up" enjoying! This dish is a LIFE-R, know what I mean?!

2 to 3 jars of any brand Marinara. (My personal favorite is *Giancana*. I buy it by the case from Casey's Market in Western Springs, Illinois)

2 cans dices tomatoes with juices

Small can tomato paste (optional)

Small can tomato sauce (optional)

1 large red or yellow onion, chopped

2 or 3 cloves garlic, crushed

1 red pepper, chopped

1 green pepper, chopped

1 -2 cups sliced mushrooms

½ cup or 4 to 5 carrots, sliced

1 zucchini, 1/2ed and sliced or grated

1-Tablespoon Oregano

1 Tablespoon. Basil

1 or 2 packets Stevia or sweetener of choice

Rice or vegan Parmesan cheese (optional)

Spaghetti noodles of choice – try whole wheat or spelt, don't give up after one brand, sometimes it takes a few tries. Whole grain pastas are really healthier for you!

Put about ½ cup water in the bottom of a large stock-pot. Add onions, garlic, carrots, and peppers. Throw everything else in and slow cook for at least one hour. Serve over spelt spaghetti noodles with **rice** Parmesan sprinkled on top.