



## **30 Minute Pasta Sauce**

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

1/4 cup olive oil  
1, 28-ounce can diced tomatoes  
1 medium onion, finely diced  
1/4 cup shredded carrots, chopped coarsely  
4 cloves garlic, minced  
1/4 cup red wine  
2 teaspoons sugar  
1 teaspoon salt  
freshly ground pepper

Fresh basil, as garnish (if desired)

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### ***Directions***

Pasta, cooked 'al dente' according to package directions

Heat oil in medium saucepan. Add onion, carrots and garlic, lower heat and cover for 5 minutes. Add tomatoes, wine, sugar, salt and pepper. Simmer for 20 minutes. (This is a great time to start cooking your pasta!). When finished, use an immersion blender or food processor to blend to desired consistency (chunky or smooth). Serve on top of your favorite pasta. Enjoy!