

Roasted Tomato Marinara Pasta Sauce

Prep time: 10 mins Cook time: 1 min Total time: 11 mins

Delicious and easy roasted marinara sauce for pizza, pasta, lasagna, parmesana - anything Italian!

Ingredients:

- o 10 tomatoes, roughly chopped
- o 2 brown onions, roughly chopped
- o 1 red capsicum, roughly chopped
- o 1-2 medium zucchinis OR carrots, roughly chopped
- o 1 whole garlic bulb
- o 2 Tbsp Italian seasoning
- o 1 tsp salt
- o 1 Tbsp grapeseed or extra virgin olive oil
- o 1 cup fresh basil

Method:

1. Preheat oven to 200°C / 400°F.
2. Add tomatoes, onions, capsicum, zucchinis in a baking tray (preferably glass for easy cleaning).
3. Wrap garlic bulb in foil and place in the baking tray.
4. Sprinkle salt and italian seasoning over the veggies, then drizzle them with oil.
5. Bake for **1 hour**.
6. Remove from oven and let cook down for **30 minutes**.
7. In a food processor, add the veggies (including juices) and basil. Remove garlic from the foil and squeeze the gooey garlic insides out from the skin into the food processor.
8. Process until desired consistency. You could blend in a Vitamix if you want a smooth sauce.

Recipe by **The Vegde** - **Vegan & Gluten Free Recipes** at <http://thevedge.org/2013/04/roasted-tomato-marinara-pasta-sauce/>

