

SpaghettiSauceNoSalt

Brenda's Chunky Spaghetti Sauce (lo salt)

2 14oz cans no salt added diced tomatoes
1 8 oz can no salt added tomato sauce
1 tbsp no salt added tomato paste
oregano
basil
garlic powder
onion powder
splash of white wine
1 8oz can of no salt added mushrooms
1 medium onion diced

Mix all ingredients and simmer on low heat for 3 - 4 hours

For meat sauce; add 1 pound of browned ground beef after putting other ingredients together.

With meatballs, use my no salt meatballs adding them after putting other ingredients together.

Vegan variant; add bite chunks of zucchini after putting other ingredients together.

Normal salt recipe; use regular canned products, a small pinch of sugar, about 1 inch of anchovy paste and add salt to

taste to sauce. Use real parmesan cheese.

If sauce is a bit too sweet, add 1/4 tsp instant coffee to the sauce.

Serve over pasta, garnish with no salt parmesan cheese substitute.