



The Perfect Spaghetti Sauce: (Directly from Anabolic Cooking)

Ingredients

- 1 Tbsp Olive Oil
- 2 cups Sliced Mushrooms
- 1 cup of Red or Green Peppers, chopped
- 1 cup Onions, minced
- 15oz Can of crushed Tomatoes
- 3 Tablespoon of Pizza Seasoning
- 10 oz of no-salt added Tomato Sauce
- 1 teaspoon dried Parsley
- 1 teaspoon Garlic Powder
- 1 teaspoon dried Oregano
- 1 teaspoon dried Basil
- 1 teaspoon Splenda
- Salt and Pepper

Directions

1. In a non-stick pan sprayed with olive oil, sauté mushrooms, bell peppers, and onions for 3-4 minutes.
2. In another big saucepan, add all the other ingredients, stir gently and bring to a boil,
3. Reduce heat, stir in mushrooms, onions and peppers and simmer for 15 minutes.

