

## Easy Vegetable Pasta



### Ingredients:

- 1 yellow onion, finely diced
- 1 teaspoon garlic, minced
- 1 green bell pepper, finely diced
- 8 oz. baby Portobello mushrooms, diced
- 24 oz. pasta/marinara sauce
- 15 oz. fire roasted diced tomatoes, drained
- 2 tablespoons Worcestershire sauce
- 2 tablespoons sugar
- Red pepper flakes to taste
- Salt and pepper to taste
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 tablespoon Italian seasoning

### Instructions:

1. Over medium high heat in a Dutch oven, sauté the onions and garlic until onions are translucent
2. Add diced bell peppers and mushrooms and let the vegetables sweat, about 5 minutes
3. Pour in pasta/marinara sauce, diced tomatoes, Worcestershire sauce, sugar, red pepper flakes and season with salt and pepper to taste
4. Reduce heat to medium-low. Cover and simmer for 30 minutes
5. Add in basil, oregano and Italian seasoning and stir to mix
6. Dish and serve hot over cooked pasta topped with Parmesan cheese

<https://www.chsli.org/recipes-healthy-living>