

# Veggie Spaghetti

## Ingredients:

Tomatoes

Broccoli

Zucchini

Green beans

Bell pepper

Onion (yellow)

Garlic

Olive oil

Pink salt

Tomato pasta sauce (The Good Foundation brand - tomato paste, soy bean oil, sugar, salt, dehydrated onion, citric acid, spice, garlic oil)

Spaghetti noodles (Compliments brand)



## Directions:

Fill pot with water and heat on stovetop, adding spaghetti noodles when water boiling.

Chop onions, garlic, broccoli, tomatoes, green beans, bell pepper and zucchini to desired sizes.

Heat olive oil on medium. Saute onions until soft, add in garlic for 1 minute.

Add chopped vegetables and stir until soft.

Add salt to taste and stir in pasta sauce.

Reduce heat and simmer sauce for 10-15 minutes.

When spaghetti noodles are cooked, drain water and serve with a heaping spoonful of that tasty sauce!