

# Spaghetti Sauce

Spaghetti sauce from fresh vegetables is a great meal. My husband and I believe that all the work is worthwhile when we sit down to enjoy this sauce. It's hard to say when it is better--I make it with both spring and fall tomatoes so that we have some of this almost all year long. For those who do not can anything, this sauce can be frozen and thawed when ready.

- 12 c. peeled, seeded, chopped tomatoes
- 1 c. chopped onion
- 1 c. chopped bell pepper
- 2 large carrots, chopped
- 1 small zucchini, diced
- 2 cloves garlic, minced
- 2 T. chopped fresh parsley
- 1/2 t. ground black pepper
- 1/2 t. ground cinnamon
- 2 bay leaves
- 2 T. lemon juice
- 1 c. water
- 1/2 t. unionized salt

Combine all vegetables in a large pot and cook in water until tender, about 15-20 minutes. Add seasonings and cook 5 minutes more. At this point, remove the bay leaves and divide into 6 pint-sized portions for the freezer. To continue with one portion for a meal, stir in 2 Tablespoons of cornstarch and cook for 5 minutes more to thicken. Spoon over 4 servings of any cooked pasta you like and serve hot.