

Zero Point Crockpot Pasta Sauce

SmartPoints: 0 per serving

This zero point pasta sauce is an excellent base for various Italian recipes. Rich and layered with flavor, it's a great option for Sunday meal prep!

Prep Time 10 mins

Cook Time 8 hrs

Total Time 8 hrs 10 mins

Ingredients

- 5 cans 28 oz. Whole Tomatoes I use San Marzano but your preferred brand is fine
- 2 lb Onions Peeled and Quartered
- 3 cups Beef Broth Low sodium
- 6-8 Garlic Cloves
- 1 Vermont Turkey Pepperoni Stick
- 1/4 cup Italian Seasoning
- 3 tbsp Soy Sauce
- 3 tbsp Smoked Paprika
- 2 tbsp Oregano
- 1 tbsp Garlic Powder
- 1 tbsp Red Pepper Flakes
- 1 tbsp Kosher Salt

Instructions

1. Combine all of these ingredients in a crockpot.
2. Cook on high for 8 hours (at least 6 hours).
3. Blend everything using an immersion blender an hour before it is done.
4. Taste and adjust seasoning as you see fit. That's it! You're done.
5. Too salty? Add an extra can of sauce. Too sweet? Add some salt and oregano, maybe a little more soy sauce.

Notes

An immersion blender is also known as a stick blender. It makes this recipe much easier, but if you don't have one of these, you'd want to chop and saute the garlic and onions until the onions are translucent (7-10 minutes), and use pureed or crushed tomatoes instead of whole.