

Vegetable Recipe

Slow Cooker

Tomato Sauce with Mushrooms and Zucchini



Ingredients:	Approx. Cost*
1 cup onion, chopped	\$1.29
1 clove garlic, chopped	\$.25
1 cup mushrooms, chopped	\$2.00
1 small zucchini, chopped	\$.89
1 - 14.5 oz can diced tomatoes with juice	\$1.29
1 - 15 oz can tomato sauce	\$1.39
1 - 28 oz can tomato puree	\$1.99
½ cup water	
Seasonings: 2 Tbsp olive oil, 1 tsp oregano, 1 tsp sugar, 1 tsp salt, pepper to taste	\$1.25**
Total:	\$10.35

of servings: 12 ½ -cup servings. **Cost per serving: .86**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Put all ingredients in the slow cooker, cover and cook on low for 7 hours. Serve over brown rice or pasta.

Nutritional Information per 1/2 cup serving

Calories	104
Total Fat	3.5 g
Saturated Fat	0.5 g
% of daily total	2 %
Carbohydrates	17 g
Protein	3 g
Fiber	3 g

	% of daily total	
Vit A	7	%
Vit C:	19	%
Calcium:	5	%
Iron	13	%
Good source of*	Vitamin C, Iron, Vitamin E, Magnesium, Potassium, Vitmain B6, Niacin	
*(10% or more of the RDA)		

based on 2000 calorie diet

