

## Bell Pepper and Garlic Pasta Sauce



### Makes:

6 - 8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core  
medium mixing bowl  
7" Santoku Knife

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### Recipe:

### Contributed By:

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Contributing Recipe Editor  
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2 large onions (or 3 small onions), strung, use Cone #2  
2 green bell peppers, ribs and seeds removed, coarsely  
chopped  
2 red bell peppers, ribs and seeds removed, coarsely  
chopped

### Directions:

1. In the MP5, place onions, peppers, garlic, oregano, cumin, tomatoes, salt and pepper and mix well. Cover.
2. Set temperature probe to 180°F/80°C and cook for 6 hours.
3. Once cooked, add cilantro and transfer to a food processor or blender – this may require several batches. Pulse several times until mixture obtains desired consistency.
4. Return to MP5 and add meat, if desired, and stir. Serve over pasta.

### Tips:

- If not using immediately, transfer sauce in 1 cup quantities to airtight containers. Freeze until ready to use, up to 3 months.
- Can serve over rice or shredded spaghetti squash.

### Nutritional Information per

#### ▼ Serving

**Calories:** 57  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 114mg  
**Total** 12g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 7g

**Protein:** 2g  
Based on 8 servings excluding turkey

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