

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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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

5

cloves garlic, shredded, use Cone #1

2

teaspoons

dried oregano

(4

g)

2

teaspoons

ground cumin

(5

g)

14

ounces
diced tomatoes with juice
(397
g)
salt and pepper to taste
3
cups
mixed cilantro leaves and stems
(48
g)
1
pound
ground turkey or ground turkey sausage, browned and drained,
optional
(454
g)

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 Carbs:

12g

Dietary Fiber:

3g

Sugar:

7g

Protein:

2g

Based on 8 servings excluding turkey