

# Vegetable Recipe

## Slow Cooker

### ***Tomato Sauce with Mushrooms and Zucchini***



<b>Ingredients:</b>	<b>Approx. Cost*</b>
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**
<b>Total:</b>	<b>\$10.35</b>

# 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

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

	<b>% of daily total</b>	
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

