



Slow Cooker Marinara Sauce

By 100 Days of Real Food, Fast & Fabulous

Yields: 5-6 servings

- 1 small yellow onion, diced
- 2 carrots, peeled and diced
- 2 cloves of garlic (add more if desired)
- 1 – 28oz can Hunts petite diced tomatoes w/juice
- 1 – 28oz can Hunts crushed tomatoes
- 1 tablespoon Italian seasoning
- 1 tablespoon capers (optional)
- ½ tsp salt
- 1 tsp Herbes de Provence
- ¼ tsp cayenne pepper
- White pepper to taste

1. Sauté onions and carrots in 1 tablespoon of olive oil until soft
2. Combine all ingredients in slow cooker
3. Cook on low 9 hours / high for 5 hours