



Pasta with Tomato Sauce

Ingredients:

- 3 tbsp oil
- 1 garlic clove, peeled and minced
- 1 can crushed tomatoes
- 1 tsp dried basil and oregano
- 1 carrot, peeled and grated
- 1 zucchini, grated
- salt and pepper to taste
- spaghetti or linguine
- 3 tbsp grated parmesan cheese
- 3 tbsp chopped fresh basil or Italian parsley

Directions:

- In a large pot, boil water.
- Heat a second pot, add oil and garlic and cook, stirring for a minute.
- Add tomatoes, herbs, carrots, zucchini, salt and pepper. Stir occasionally and simmer for 20 minutes.
- Put pasta to boil. When tender, drain.
- Pour the hot sauce on top and stir, coating the pasta.
- Sprinkle basil or parsley and parmesan cheese and serve.

