

Naturally Spaghetti Sauce

Ingredients:

* 12 oz    Tomato Paste
* ½ c     Chopped Onion
* 3          Cloves of Garlic (chopped)
* ½ c     Green Bell Pepper
* 3-4 c   Water
* 1 T      Yeast Flakes
* 1½ t    Pink Salt
* 1 T       Italian Seasoning
* ⅛ c      Oil
* Dash of Cayenne

Instructions:

Combine all ingredients in large pot or sauce pan.  Cover and cook on medium heat for 35-40 minutes.  Serve over spaghetti or use in lasagna.