



Roasted Red Pepper Marinara

A mildly sweet marinara-style sauce made with roasted red peppers

This sauce is proof that it may take me a long time to get to a recipe, but eventually I'll get around to it. About 5 months ago, I promised [@dtspilde](#) on Connect that I'd make a marinara sauce that doesn't have any tomato in it because of food allergies. After a little searching online, I found that making marinara sauce with Roasted Red Peppers is a great way to do it. The addition of red wine, chicken broth and the sauteed carrots and red onion also help give it more depth.

Ingredients:

- 5 large red bell peppers, chopped
- 5 medium cloves fresh garlic
- olive oil cooking spray ***
- 1 large red onion, rough chopped
- 1-1/2 cups chopped carrots
- 1-1/4 tsp italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1 Tbsp I Can't Believe It's Not Butter Light
- 2 cups fat free chicken broth
- 3 Tbsp red wine
- 5-1/2 tsp (1 Tbsp PLUS 2-1/2 tsp) balsamic vinegar

Serving Info.:

Yields: 5 cups
Serving Size: 1/2 cup
Servings: 10



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat your oven to 425 degrees and line a sheet pan with aluminum foil,
- 2 Cut the red peppers into large pieces, remove the seeds and arrange on the sheet pan along with the fresh cloves of garlic. Coat with olive oil cooking spray, make sure it's a 0 point amount of spray. Season lightly with salt and pepper, then bake at 425 for 20-25 minutes. Remove when the peppers are cooked through and pliable.
- 3 Spray a large saucepan with cooking spray and saute' the red onion and carrots for 2-3 minutes on medium-high heat. Add the butter spread and stir till it melts. Add the italian seasoning, garlic powder, onion powder, dried basil, thyme, balsamic vinegar and wine. Bring to a boil and allow to simmer for 3-4 minutes.
- 4 Pour the contents of the sauce pan into a food processor or large blender, along with all of the roasted garlic and red bell peppers. Peeling the skins from the peppers is optional.
- 5 Puree on high speed for a minimum of 1 minute or until the sauce is smooth, adding more broth, if desired, to thin the sauce more. Season with salt and pepper, to taste.

Note:

- If you don't want to use red wine in your sauce, you can remove it. Increase your red wine vinegar to 3 Tbsp, instead.
- If you're allergic to tomatoes, but can have bell peppers... use this as a tomato sauce replacement in recipes, but adjust seasonings.
- If you want to take the time to do it... peel the skins off of the roasted peppers. I'm lazy.