



Vodka Sauce

A Robust and Flavorful Tomato Sauce with an Adult Kick

This sauce was a direct result of a post that I saw trending in Connect, from member [@libra.1019](#), saying how much she missed pasta with Vodka sauce, and that the advice she received at her workshop was more focused on “eat the regular full fat version, but a smaller portion, this is a lifestyle”, which I call BS on. Why have a small, unsatisfying fatty micro meal, when you can have a healthy, regular sized version that’s lower in calories, fat and points than the sad little tiny plate? So... here we are. This Vodka sauce is a modern take on a classic tomato sauce. Infused with lots sauteed onions, garlic, fresh basil, black pepper, balsamic, spicy red pepper flakes, VODKA and “cream”, this sauce is simple to make, but has a complex depth.

Ingredients:

- 4 medium fresh garlic cloves, rough chopped
- 1 medium onion, diced
- 1 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp red pepper flakes
- olive oil cooking spray, 6 second spray ***
- (1) 29-30oz can and (1) 15oz can, crushed tomatoes (45 total).
- 3 oz (1/3 cup) Vodka
- 1/2 cup fresh basil, loosely packed, chopped
- 1-1/2 tsp balsamic vinegar
- 1-1/2 tsp red wine vinegar
- 1 cup unsweetened plain almond milk
- 2 Tbsp reduced fat Parmesan-Style grated topping
(like the Kraft sprinkles you get at a pizzeria, in a shaker)

Directions:

1. In a medium sized pot, spray the cooking spray over the onions, garlic, salt, pepper and red pepper flakes. Cook until softened, around 6-7 minutes on medium heat.
2. Add the crushed tomatoes, vodka mixture, and vinegars. Cover and allow to cook at a low simmer for 20 minutes.
3. Carefully pour the hot sauce into a food processor, with the fresh chopped basil, then puree until almost smooth. You can also use a blender, in batches.
4. Return the sauce to your pot, add parmesan topping and almond milk. Stir to combine, then cover and simmer for 5 minutes. Done

Notes:

- Big bottles of Vodka are expensive. They sell small \$3 bottles at corner liquor stores or at BevMo, any brand works.
- If you can't use almond milk, due to allergies, use soy or cashew milk. Kroger also has an awesome brand of low point, thick milk, called “Carbmaster” that’s 1 point per cup. Honestly though, this is so low in points, with so many servings, that you can use whatever you want. Just remember to adjust the points.

Servings:

Yield: 6 cups

Servings: 12

Serving Size: 1/2 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

