

Harvest Vegetable Sauce

Yield: about 24 (2 oz) servings

Serve this sauce over a grilled, broiled or baked chicken breast on a bed of cooked rice or pasta.

Ingredients	Measure		Nutrition per Serving	
	24 - 2 oz			
Olive oil	2 oz (¼ cup)		Calories	100
Chopped onions	1 1/3 lbs (3 cups)		Total Fat g	5
Chopped carrots	1 lb (3 cups)		Saturated Fat g	1
Chopped red bell peppers	1¼ lbs (3 cups)		Cholesterol mg	0
Minced garlic	2 Tbsp		Sodium mg	70
Rubbed sage	1 Tbsp		Carbohydrate g	11
Water	1½ quarts		Fiber g	2
Med-Diet® Low Sodium Cream Soup Base	8½ oz (1¾ cups)		Sugar g	5
Med-Diet® Low Sodium Chicken Soup Base	½ oz (1 Tbsp)		Protein g	2
Frozen broccoli, thawed	12 oz (3 cups)			
Ground black pepper	to taste			

Preparation

1. In large saucepan, heat oil. Add onions, carrots, bell peppers, garlic and sage; sauté until vegetables are tender. Add water, cream soup base and chicken soup base; whisk until blended.
2. Add broccoli to saucepan; cook and stir until sauce is thickened and 165°F. Season with black pepper.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Cream Soup Base	6 – 14 oz	6 gal	K9212
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	K9216