

Vegan Sauce

A flavorful vegan sauce that would go well with black beans, carrots, and onions is a smoky tomato and pepper sauce. The tanginess of the tomatoes and the smoky flavors complement the earthiness of the black beans, while the sweetness of the carrots and onions balance the overall taste. Here's a simple recipe for you to try:

Smoky Tomato and Pepper Sauce:

Ingredients:

1 tablespoon olive oil
1 small onion, diced
2 cloves garlic, minced
5 fresh tomatoes, diced
1 red bell pepper, diced
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon black pepper to taste

Instructions:

- In a medium-sized saucepan, heat the olive oil over medium heat. Add the diced onion and cook for 3-4 minutes until softened.
- Add the garlic and cook for an additional 1 minute, or until fragrant.
- Stir in the diced tomatoes (with their juice), red bell pepper, smoked paprika, ground cumin, and chili powder. Bring the mixture to a simmer, then reduce the heat to low and cook for 15-20 minutes, stirring occasionally, until the sauce thickens and the flavors meld together.
- Taste the sauce and season with salt and black pepper, as needed. If you'd like to add some freshness, stir in the chopped cilantro.
- Serve this smoky tomato and pepper sauce over your black beans, carrots, and onions. You can also add other vegetables or proteins, like tofu or tempeh, to make it a complete meal. Enjoy!

Estimated number of servings: 4 Yield: 566g (141.5g per serving)

Nutrition Info (per serving: 5 tbsp, 141.5g):

kcal	20
carb	2g
fat	0g
protein	0g
sodium	2mg
fiber	0g
price per serving	\$0.68
price per kcal	3.35c