

Roasted Red Pepper Sauce

Ingredients:

- 1 red bell pepper
- 2 garlic cloves
- Black pepper
- Sea salt
- Red pepper flakes (if desired)
- Cooking spray

Slice red pepper in half.

Peel 1-2 garlic cloves.

Spray all sides of pepper with cooking spray.

Broil peppers 5-8 min each side or until skin starts to blacken.

Garlic can be roasted along with peppers.

If skins remove easily from peppers, you can remove them but it is not essential.

Place garlic and peppers in blender; add red pepper flakes and black pepper, dash of sea salt.

Blend until smooth.

This is a great sauce for any kind of protein, like meatballs, chicken, turkey, etc.