



Ditch the Pasta – Spaghetti Squash With Rich Homemade Marinara

Watch the YouTube video via the link in the blog post article.

Get ready to savor a flavor-loaded, oil-free, no-added-sugar vegan marinara sauce, bursting with fresh basil, ripe tomatoes, and a sun-dried tomato punch for rich, layered taste. Paired with roasted spaghetti squash that's anything but bland, this nutrient-packed dish offers a wholesome, satisfying twist on traditional pasta—without the carbs, the heaviness, or the guilt.

This meal is simple to make, elevated by a mix of fresh and dried herbs, and perfect for cozy dinners, weekly meal prep, or impressing your plant-curious guests. It's vibrant, delicious, and clean—from the garden straight to your plate.

Ingredients

For the Marinara Sauce:

- 1 organic yellow onion, chopped
- $\frac{3}{4}$ cup organic vegetable broth, divided
- 4 cloves organic garlic, grated
- 1 (15 oz) can Muir Glen Organic Fire Roasted Crushed Tomatoes
- 2 large fresh organic tomatoes, diced
- $\frac{1}{2}$ cup organic sun-dried tomatoes, chopped and reconstituted
- 1 (7 oz) can no sugar added organic tomato paste
- $1\frac{1}{2}$ tsp each dried thyme, oregano, and parsley, preferably organic
- 1 tsp granulated garlic, organic
- 1 cup fresh organic basil, snipped into small pieces
- 1 pinch sea salt
- 1 pinch black pepper
- 1 tbsp Trader Joe's Sofrito seasoning
- $\frac{3}{4}$ cup Baby Bella mushrooms, sliced, organic

For the Squash:

- 1 large spaghetti squash, washed, baked and shredded

Optional Garnish:

- Vegan Parmesan cheese
- Fresh basil sprigs

Procedure

Spaghetti Squash

1. Preheat oven to 400°F. Cut squash in half *crosswise* (not lengthwise) and place face down on a parchment-lined baking sheet.
2. Bake for about 1 hour, until tender.
3. Let cool, then use a fork to shred into spaghetti-like strands.
(*Tip: For a video demo, check out my Lemon Garlic Spaghetti Squash video on YouTube: [HERE](#) or read the Spaghetti Squash recipe [HERE](#)*)

Vegan Marinara Sauce

1. Reconstitute chopped sundried tomatoes by soaking them in $\frac{1}{3}$ cup warm water for 30 minutes. Set aside.
2. In a large sauté pan, cook chopped onion over high heat in $\frac{1}{2}$ cup vegetable broth until soft (about 5 minutes).
3. Add grated garlic and stir for 2–3 minutes.
4. Reduce heat to low. Stir in canned tomatoes, fresh diced tomatoes, reconstituted sundried tomatoes (with soaking liquid), and tomato paste.
(*Tip: Use the remaining broth to rinse out the tomato paste jar or can.*)
5. Stir in dried spices: thyme, oregano, parsley, and granulated garlic.
6. Add fresh snipped basil, salt, pepper, and sofrito seasoning. Mix well.
7. Raise heat to medium-low, cover, and simmer for 20 minutes, stirring occasionally.
8. Uncover, stir in mushrooms, and simmer 5 more minutes on low.
9. Serve warm over spaghetti squash. Garnish with vegan parmesan and basil if desired.