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## Tomato Artichoke Sauce

### Ingredients

- 1 -14 ounce can artichoke hearts in water
- 1 can chopped tomatoes
- 1 onion, chopped
- 1 cup can- 16 ounces sliced mushrooms
- 1.2 cup chopped fresh basil
- 1/2 cup fat-free half and half
- 2 tablespoons all purpose flour

### Directions

Chop artichoke hearts and place in a large skillet with juice. Make a slurry of flour and fat free half and half. Add more or less flour for desired consistency. Add onion, mushrooms, tomatoes, and basil. Cook only for a short time so that the vegetables remain somewhat firm.