

# Easy Tomato Sauce

**Yield:** 8 servings

**Serving size:** 3.5 ounces (a little less than ½ cup)

Nutrition Facts	
<b>Serving size</b>	<b>3.5 ounces (111g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 16mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 244mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This is a basic sauce for pasta that allows for lots of experimentation. Add sautéed vegetables like carrots and red bell pepper. Add lean ground meat, such as turkey, or cooked lentils for a heartier meal. You can use canned tomatoes or overripe fresh tomatoes.

## INGREDIENTS

2 TBSP olive oil  
1 small or medium yellow onion, peeled and small diced  
6 cloves garlic, minced  
¼ teaspoon red pepper flakes  
4 cups tomatoes, roughly chopped (you can substitute “no salt added” canned tomatoes or overripe tomatoes)  
½ teaspoon Kosher salt  
2 teaspoons granulated sugar  
Fresh parsley, basil, oregano, and/or dried fennel seed

## DIRECTIONS

1. Warm olive oil in sauté pan over medium-high heat.
2. Add diced onions to oil. Sauté until translucent, about 3–4 minutes.
3. Add garlic and cook for about one minute.
4. Add tomatoes, salt, sugar, and red pepper flakes. Stir thoroughly and allow mixture to come to a simmer. You may need to increase heat.
5. Cook for about 5–7 minutes.
6. Add fresh or dried herbs to taste. You can purée the mixture if you prefer a smoother sauce.

**Freezes well: Cool sauce and freeze in a freezer-safe container.**

