



Garden Tomato Sauce

This quick tomato sauce can be made in advance, and is perfect for pizzas, pasta, or vegetables.

U.S.

2 Tbsp

3 Cloves

1 (28 oz) can

1/4 cup (packed)

1/4 tsp

Olive Oil

Garlic, peeled and roughly chopped

Whole Peeled Tomatoes

Basil, fresh, destemmed and roughly chopped

Kosher Salt

Metric

28g

3 cloves

794g

6g

1.5g

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil in a large saucepan over medium heat.
3. Once the oil is hot, add the garlic and sauté until lightly golden.
4. Add the tomatoes and their juices, basil, and salt to the pan; use a spoon to roughly break up the tomatoes.
5. Simmer the sauce, stirring occasionally, for 10 minutes.
6. Remove the pan from the heat and let it cool for at least 5 minutes.
7. Transfer the sauce to a blender and blend until completely smooth. Alternatively, use an immersion blender.
8. Return the sauce to the pot and simmer over medium-low heat for 5 minutes.

Nutrition Facts

6 Servings

Serving size **1/2 cup (4 oz.)**

Amount per serving

Calories **70**

Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	3.5 g
Cholesterol	0 mg
Sodium	320 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	1 g
Vitamin D	0 %
Calcium	4 %
Iron	5 %
Potassium	9 mg
Phosphorus	5 mg
