



## Quick Tomato Sauce

Use this easy sauce over pasta or chicken, on pizza, or anywhere else you might use tomato sauce! Substitute fresh tomatoes for canned in this recipe to cut down on sodium.

### U.S.

2 tsp  
1 medium  
2-3 cloves  
2 - 15oz cans  
3 tbsp  
1 each  
1/2 tsp  
1/4 tsp  
1/2 tsp

Olive Oil  
Sweet Onion, rough chopped  
Garlic, chopped  
Canned Diced Tomatoes, no salt added  
Basil, fresh, chopped  
Lemon, zested & juiced  
Kosher Salt  
Black Pepper, ground  
Red Pepper Flakes (optional)

### Metric

10 mL  
1 medium  
2-3 cloves  
890 g  
12 g  
1 each  
1.5 g  
1.25 g  
0.5 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Heat oil in a medium-sized sauce pan over medium heat.
3. Once oil is hot, add onions. Cook until onions are translucent, about 3 minutes.
4. Add garlic and sauté another for about 30 seconds - do not allow garlic to brown.
5. Add in remaining ingredients and allow to simmer for 15-20 minutes.
6. Using a blender or stick blender, puree the tomato sauce, leaving some chunks behind if desired.
7. Enjoy!

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## Nutrition Facts

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8 Servings

**Serving size**                    **1/2 cup**

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**Amount per serving**

**Calories**                            **30**

Calories from Fat                    10

**Total Fat**                            1.5 q

    Saturated Fat                    0 q

    Trans Fat                            0 q

    Monounsaturated Fat            1 q

**Cholesterol**                        0 mg

**Sodium**                                125 mg

**Total Carbohydrate**            5 q

    Dietary Fiber                    1 q

    Total Sugars                    2 q

        Includes 0g Added Sugars

**Protein**                                1 q

Vitamin D                            0 %

Calcium                                2 %

Iron                                      4 %

Potassium                            135 mg

Phosphorus                          15 mg

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