



Homemade Tomato Sauce

Servings 6 | Prep time 30 mins. | Total time 50 mins.

Equipment: Cutting board, Vegetable peeler, Box grater, Can opener, Medium pot with lid, Measuring spoons
Utensils: Knife, Mixing spoon

Ingredients

2 medium onions, diced
8 cloves garlic, minced
2 medium carrots, shredded
2 tablespoons oil, vegetable or canola
2 teaspoons basil, dried
2 teaspoons oregano, dried
1/2 teaspoon salt
1 teaspoon black pepper, ground
2 28 ounce no salt added can tomatoes, crushed

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Peel onion, garlic and carrot.
3. Mince garlic cloves. Set aside in bowl, or at corner of cutting board.
4. Shred carrots using grater. Set aside in bowl, or at corner of cutting board.
5. In a medium size pot over medium heat, add oil. Add onion, garlic, and carrots. Cook until onion is soft and transparent (about 3-5 minutes).
6. Add basil, oregano, salt, pepper, and tomatoes. Bring to a boil.
7. Cover and reduce heat. Simmer for 15 minutes.

Nutritional Information:

Calories 120
Total Fat 5g
Sodium 240mg
Total Carbs 18g
Protein 3g