



# 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

## Utensils:

Knife  
Mixing spoon

## Ingredients

2 onions, diced  
8 cloves garlic, minced OR 3 tablespoons garlic powder  
2 medium carrots, grated  
2 tablespoons olive oil OR vegetable oil  
1 1/2 tablespoons Italian seasoning OR Celebrate Your Plate Italian Seasoning  
1/2 teaspoon salt (optional)  
1 teaspoon black pepper  
2 28 ounce cans no salt added crushed tomatoes

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. In a medium-sized pot over medium heat, add oil, onion, garlic, and carrots. Cook until onions soften, about 3-5 minutes.
3. Add tomatoes, Italian seasoning, salt, and pepper. Stir to combine.
4. Increase heat and bring the sauce to a boil.
5. Reduce heat and cover pot. Allow sauce to simmer for 15 minutes, stirring occasionally.

## Nutritional Information:

Calories 90   Total Fat 5g   Sodium 30mg   Total Carbs 8g   Protein 2g