



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
Measuring cups and spoons

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.

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This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.

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

Nutritional Information:

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