



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 onions, diced
8 cloves garlic, minced
2 medium carrots, grated
2 tablespoons olive or vegetable oil
1 ½ tablespoons Italian seasoning
½ 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, vegetables, and tops of cans.
2. In a medium sized pot over medium heat add oil, onion, garlic, and carrots and cook until onions soften, 3-5 minutes.
3. Add tomatoes, Italian seasoning, salt and pepper and stir to combine.
4. Increase heat and bring the sauce to a boil.
5. Reduce heat, cover the pot, and allow sauce to simmer for 15 minutes, stirring occasionally.

Nutritional Information:

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