



# 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