

Basic Tomato Sauce

Makes: 6 Servings

This basic tomato sauce is filled with flavor and fresh ingredients. Use as a topping for pasta or baked chicken to add a boost of vitamin C to your meal.

Ingredients

- 2 tablespoons** vegetable oil
- 1** medium onion (chopped)
- 3 cloves** garlic (chopped)
- 1 pound** fresh tomatoes (seeds removed and chopped)
- 1 tablespoon** dried basil (oregano, or Italian seasoning if you like)
- 1/2 teaspoon** black pepper
- 1/4 teaspoon** salt
- 1 teaspoon** sugar
- 3 tablespoons** tomato paste

Directions

1. Heat oil in a large skillet over medium heat. Add the onion and cook until soft. Stir in garlic and cook 1 minute.
2. Stir in tomato, black pepper, salt, and sugar. If using basil, oregano, or Italian seasoning, add that too.
3. Cook 15 minutes.
4. Stir in tomato paste and cook another 15 to 20 minutes.

Notes

Tip: Try this sauce as a topping for cooked pasta

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	5 g	
Protein	1 g	
Carbohydrates	8 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	140 mg	