

# Tomato Sauce

Try this Tomato Sauce with Turkey Meatballs or over Spaghetti Squash. Although it takes a bit more time than buying a jarred sauce, it makes plenty and keeps well!

Recipe by Laura Cohen

Makes 12 servings (plenty of leftovers!) | Serving Size: ½ cup

Total Price: \$3.28 | Price per serving: \$0.41

Prep Time: 10 minutes | Cook Time: 60 minutes

- 3 tbsp olive oil
- 2 tbsp fresh basil, thinly sliced, or 1 tbsp dried basil
- 1 clove garlic finely chopped or 2 tsp minced garlic
- 1/2 tsp red pepper flake
- 1 small onion, finely diced
- 1 carrot, finely diced
- 2 28-oz cans crushed tomatoes
- salt and pepper
- sugar (optional)



Place olive oil, basil, garlic, and red pepper flake into a large pot or Dutch oven and heat on low, simmering for 10-15 minutes and stirring often (careful not to burn garlic!). Add diced onion and carrot to olive oil mixture and saute for 15-20 minutes on medium-low heat until softened. Add crushed tomatoes and a sprinkle of salt, pepper, and sugar to taste. Simmer for 20-25 minutes on medium-low heat and adjust seasoning according to taste. Remove from heat and use for lasagna recipe, or store for later use!

<b>Nutrition Facts</b>	
Serving Size 148 g	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 33
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 565mg	24%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 3g	11%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 38%	Vitamin C 22%
Calcium 5%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	