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!

Nutrition Facts
Serving Size 148 g

Amount Per Serving
- Calories 80
- Calories from Fat 33
- % Daily Value*
  - Total Fat 4g 6%
  - Saturated Fat 1g 3%
  - Trans Fat 0g 0%
  - Cholesterol 0mg 0%
  - Sodium 565mg 24%
  - Total Carbohydrate 12g 4%
  - Dietary Fiber 3g 11%
  - Sugars 1g
  - Protein 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.