



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 medium onions, diced
8 cloves garlic, minced
2 medium carrots, shredded
2 tablespoons oil, vegetable or canola
2 teaspoons basil, dried
2 teaspoons oregano, dried
1/2 teaspoon salt
1 teaspoon black pepper, ground
2 28 ounce no salt added can tomatoes, crushed

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. In a medium size pot over medium heat, add oil. Add onion, garlic, and carrots. Cook until onion is soft and transparent (about 3-5 minutes).
3. Add basil, oregano, salt, pepper, and tomatoes. Bring to a boil.
4. Cover and reduce heat. Simmer for 15 minutes.
5. Remove from heat and serve.

Nutritional Information:

Calories 120
Total Fat 5g
Sodium 240mg
Total Carbs 18g
Protein 3g