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

**Nutritional Information:**

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

**Instructions**

1. Before you begin was 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.
5. Remove from heat and serve.