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 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.

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