

Quick Tomato Sauce

(PKU-Friendly)

This flavor-packed sauce comes together in a flash and makes a great topping for spaghetti squash or eggplant parmesan!

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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	PHE	Simplified PKU Protein
Serving	72mg	1g
Recipe	575mg	8g

INGREDIENTS

2 Tbsp	Olive Oil
½ each	Yellow Onion, diced (4 oz.)
8 oz.	Mushroom, minced
4 cloves	Garlic, minced
1 (28oz) can	Crushed Tomatoes
1 Tbsp	Italian Seasoning
1/8 tsp	Kosher Salt
1/8 tsp	Black Pepper, ground
¼ tsp	Red Pepper Flakes

CHEF'S NOTES

Serving Size = ½ cup

Mushrooms add a meaty, rich umami flavor which rounds out any vegetarian dish. Browning or roasting them brings out the flavor even more! And chopping them small means you can spread their flavor throughout your dish.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place a medium saucepot over medium-high heat. Once hot, add the olive oil then the onions and sauté until they are translucent, about 1 - 2 minutes.
3. Add mushrooms to the onions and sauté until the mushrooms are soft, about 3 - 5 minutes.
4. Add the garlic and sauté until fragrant, about 30 seconds – 1 minute more.
5. Add the crushed tomatoes, Italian seasoning, salt, pepper, and red pepper flakes. Bring the sauce to a simmer and cook for about 10 – 15 minutes, stirring occasionally. Reduce the heat as needed, to avoid scorching the sauce on the bottom of the pot.

Nutrition Facts

6 servings per container

Serving Size 1/2 cup (206 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 13g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 2.75g 7%

Vitamin D 0.09mcg 0%

Calcium 60mg 5%

Iron 65mg 359%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Quick Tomato Sauce (PKU-Friendly)" (2/12/19)



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