

Quick Tomato Basil Sauce



This sauce makes a perfect pizza sauce, but it can also be used as a sauce for your favorite pasta dishes. It makes a big batch and is great to have on hand for those Italian food cravings.

YIELD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
3 cloves	Garlic, fresh, minced
1 (28 oz) can	Whole Peeled Tomatoes, undrained
¼ cup (packed)	Basil, fresh, destemmed and roughly chopped
¼ tsp	Kosher Salt

CHEF'S NOTES

This recipe can be adapted to use any combination of canned tomato product: diced tomato, tomato puree, tomato sauce or crushed tomato also work well!

Customize the flavor profile by adding fresh or dried herbs like Oregano, Marjoram, Thyme, Parsley, or Italian Seasoning.

This sauce will keep well in the refrigerator for about 1 week or you can freeze any leftover portion for up to 3 months.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large saucepot, heat olive oil over medium heat. Once the oil is hot, add the garlic and sauté until lightly golden and aromatic, about 30 seconds to 1 minute.
3. Add the tomatoes and their juices, basil, and salt to the pan; use a wooden spoon or spatula to roughly break up the tomatoes.
4. Simmer the sauce, stirring occasionally, for about 10 minutes. Remove the pan from the heat and let it cool for at least 5 minutes.
5. Transfer the sauce to a blender and blend until completely smooth (remove the center of the blender lid and cover with a kitchen towel while blending to avoid the possibility of a tomato sauce explosion). Alternatively, use an immersion blender in the pot.
6. Return the sauce to the pot and simmer over medium-low heat for 5 more minutes.

Nutrition Facts

12 servings per container

Serving size 1/4 cup (70g)

Amount Per Serving

Calories 35

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 3g 1%

Dietary Fiber <1g 2%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 110mg 2%

* 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.

