

# 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.*

<b>YIELD</b> <b>24 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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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.
2. Heat olive oil in a large saucepan over medium heat.
3. Once the oil is hot, add the garlic and sauté until lightly golden.
4. Add the tomatoes and their juices, basil, and salt to the pan; use a spoon to roughly break up the tomatoes.
5. Simmer the sauce, stirring occasionally, for about 10 minutes.
6. Remove the pan from the heat and let it cool for at least 5 minutes.
7. 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.
8. Return the sauce to the pot and simmer over medium-low heat for 5 more minutes.

# Nutrition Facts

24 servings per container

**Serving Size** 2 Tbsp (35 g)

Amount per serving

**Calories** 15

% Daily Value \*

**Total Fat** 1g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

**Protein** 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.21mg 0%

Potassium 2mg 0%

\*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*: Garden Tomato Sauce (3/11/19)



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