



## Homemade Tomato Sauce

**Prep: 20 minutes**

**Cook: 2 hours 20 minutes • Serves: 6**

- 5 garlic cloves, crushed with press
- ¼ cup extra virgin olive oil
- ½ teaspoon crushed red pepper flakes
- 1 medium yellow onion, chopped
- 1½ teaspoons salt
- 5½ cups chopped tomatoes (about 7 medium)
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- 1 tablespoon granulated sugar
- 1 tablespoon red wine vinegar

**1.** In large saucepot, cook garlic, oil and crushed red pepper flakes over medium-low heat 2 minutes, stirring occasionally. Add onion and 1 teaspoon salt; cook 7 minutes or until onion is tender, stirring occasionally. Add tomatoes, Italian seasoning, pepper and remaining ½ teaspoon salt; heat to a simmer over medium-high heat. Reduce heat to medium-low; simmer 2 hours or until thickened, stirring occasionally.

**2.** Stir in sugar and vinegar; transfer to blender and purée.

*Approximate nutritional values per serving:*

*126 Calories, 10g Fat (1g Saturated), 0mg Cholesterol, 593mg Sodium, 12g Carbohydrates, 1g Fiber, 6g Sugars, 2g Added Sugars, 2g Protein*