



Tomato Sauce

PREP TIME

30 min

TOTAL TIME

210 min

Nutrition Information Per Serving

Makes 12 servings

FAT

4g

PROTEIN

1g

CARBS

5g

CALORIES

53

Ingredients

3 Tbsp olive oil

12 tomatoes, halved and cleaned

2 garlic cloves

½ tsp salt

Basil sprig

Instructions

1. Add a thin layer of olive oil to a big saucepot and put it on the stovetop.
2. Fill your blender, Vitamix, or food processor with cleaned and halved tomatoes.

3. Add one to two cloves of garlic, salt, and a sprig of basil. Blend to a pulp.
4. Add the garlic basil mix to the pot.
5. Keep adding blended tomatoes, garlic, salt, and basil until you run out of tomatoes.
6. Simmer on the stove for hours. The longer the sauce simmers, the more the flavors will develop.
7. Serve on top of zucchini noodles, with meatballs or in lasagna.