

Spaghetti or Pizza Sauce

A great sauce for spaghetti, pizza and other dishes requiring an Italian tomato sauce.

Phases 1-4

Ingredients:

- 28 oz can Peeled Whole Tomatoes (no sugar added)
- 2 T. tomato paste
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp salt (add more if necessary)
- 2 T. Walden Farms Italian Dressing (or apple cider vinegar)
- 2 T. extra virgin olive oil

Directions:

1. Drain tomatoes, reserve juice. (You won't need the juice unless you like the sauce a bit thinner, otherwise, discard.)
2. Puree the tomatoes and tomato paste in a blender (Ninja or bullet.) Place in a medium bowl, stir in the remaining ingredients. Taste and adjust salt or seasonings, if necessary.
3. Pour mixture into a medium sauce pan, bring to a low boil. Immediately turn down to low heat and simmer for 25-30 minutes, stirring occasionally. Keep sauce refrigerated till use.

SERVINGS: Servings will depend on how much sauce you use, remember to count your olive oil intake as well, there are 6 total teaspoons in the entire recipe. I estimate this entire recipe as 4 C. tomato (veggies) - I typically use about ½ C. on dishes such as spaghetti, pizza, etc. estimating that ½ C. sauce = ½ C. tomatoes + 2 tsp olive oil per ½ C.