



Quick No-Cook Pizza Sauce



Adapted from *FoodHero.org*

Ingredients



- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- 1 carrot, finely grated



Directions



Yield: 3 cups (Enough for four 12-inch crusts)

Serving size: 2 Tablespoons

Total cost: \$ 2.69 **Serving cost:** \$.22

1. Mix all ingredients together in a bowl.
2. Spread on pizza dough, bread, English muffins or other pizza base.
3. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Makes enough for four 12-inch crusts
- Top pizza with fresh veggies and fruits
- Chop, slice, or grate: Apples, Bell peppers, Carrots, Garlic, Green onions, Leeks, Mushrooms, Olives, Onions, Pears, Pineapple, Roasted veggies, Spinach, Tomatoes, Zucchini

Second Harvest is an equal opportunity provider.

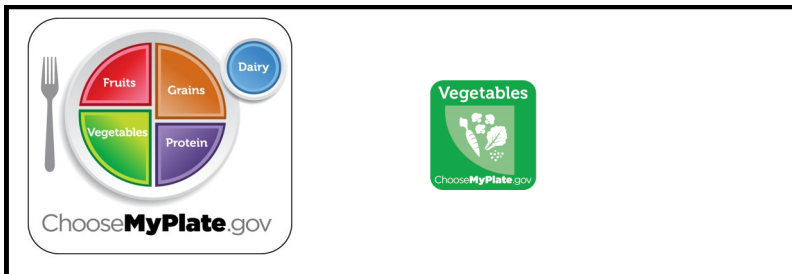
Nutrition Facts	
Serving Size 2 Tablespoons (38g)	
Servings Per Container 12	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 25%	Vitamin C 8%
Calcium 2%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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