



Pizza Sauce



Ingredients



- 1/2 Tbsp. olive oil
- 2 cloves of garlic, minced
- 1 tsp oregano
- 2 tsp. basil
- 1 cup tomato sauce
- 1/4 tsp. sugar
- 1/4 tsp. salt

Yield: 8 servings
Serving Size: 2 tbsp.



Directions



1. Heat olive oil over medium heat.
2. Add garlic and sauté for 30 seconds.
3. Add oregano and basil and stir.
4. Pour into tomato sauce. Sprinkle salt and sugar over the sauce.
5. Reduce temperature to medium and simmer uncovered for 10-15 minutes. Taste and adjust seasonings as needed.

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



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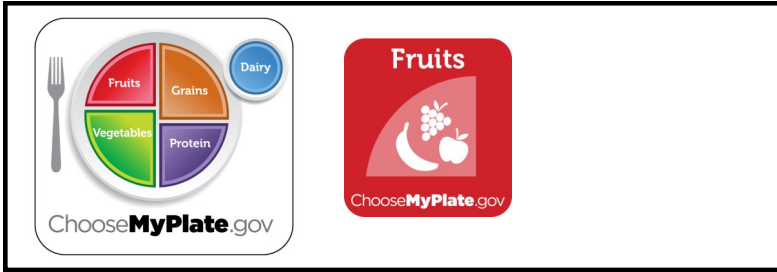
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Fast Facts



Featured Food Groups



Cooking Tips

- Freeze any extra sauce for the next time you make your own pizza! Freeze the sauce in an ice cube tray to be able to defrost one portion at a time.

Nutrition Facts

Nutrition Facts	
8 servings per container	
Serving size	2 tablespoons
Amount Per Serving	
Calories	25
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 47mg	0%
<small>*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.</small>	

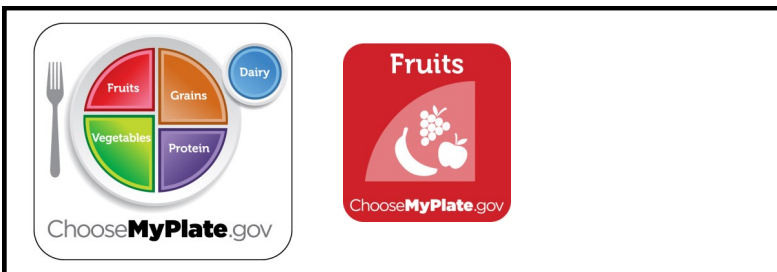
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