



# 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.

### Estimated Price:

Yield: \$1.60  
Serving Size (2 Tbsp):  
\$0.20

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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.

### Estimated Price:

Yield: \$1.60  
Serving Size (2 Tbsp):  
\$0.20

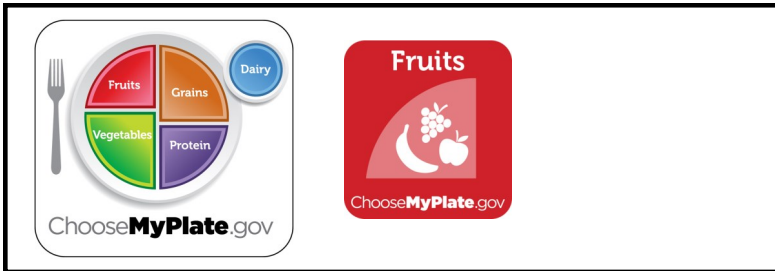
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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

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

\*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.

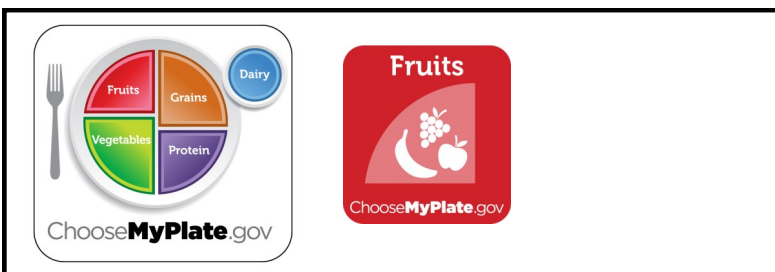
Second Harvest is an equal opportunity provider.



# 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

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

\*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.

Second Harvest is an equal opportunity provider.