

Italian Tomato Sauce



Discover the authentic taste of Italy with our Italian Tomato Sauce recipe. Indulge in the rich flavors of tomatoes, herbs, and spices, creating a mouthwatering and versatile sauce to elevate your pasta dishes and more. A savory delight that brings a taste of Italy to your kitchen!

Preparation 5 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 85

Fat 4

Carbohydrates 10

Fibre 4

Protein 3

Sodium 55

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 can (796 ml) diced tomatoes, unsalted (to add salt to taste later)
- 5 ml (1 tsp) tomato paste

- 1 ml (¼ tsp) sugar
- Pepper and salt
- 4-5 fresh basil leaves, finely chopped to taste

Preparation

1. Heat oil in a skillet over medium heat. Sauté onion for 5 minutes. Add garlic. Continue cooking for 1-2 minutes.
2. Add diced tomatoes, tomato paste, 125 mL (½ cup) water, spices and season to taste. Reduce heat to low and simmer for at least 20 minutes.
3. Remove from heat, add sugar and basil and mix well.
4. Enjoy with pasta or use the sauce for a homemade pizza.

Notes

Can be stored up to 4 days and frozen for 6 months.



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