

Quick Pizza Sauce



1. In a large pot add:

oil	2 tablespoons
onion	1 cup

Cook and stir on medium heat until onion is soft.

2. Stir in:

garlic, minced	3 cloves
oregano	2 teaspoons
basil	2 teaspoons
crushed tomatoes	1 can (796 ml)
pepper	to taste
red pepper flakes (optional)	$\frac{1}{4}$ teaspoon
sugar (optional)	1 teaspoon

Cook over medium heat for 5-10 minutes.

Makes 3 cups of sauce.

Chef Tip:

Leftover sauce can be served over cooked pasta.

Reference: Quick and Healthy Recipes the whole family can enjoy. Volume 3. Heart and Stroke Foundation of Manitoba

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

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