

Simple Tomato Sauce

(using canned tomatoes)



Ingredients:

Oil, canola	1 tablespoon
Onion, chopped	3 tablespoons
Garlic, chopped	2 cloves (¼ teaspoon garlic powder)
Tomatoes, diced, 398 ml size	2 cans (or 1-796ml can)
Basil	1 teaspoon
Thyme	1 teaspoon
Oregano	1 teaspoon
Salt	1/4 teaspoon
Pepper	1/8 teaspoon

Directions:

1. In a large frying pan, heat oil over medium high heat.
2. Add chopped onions and cook for about 3 minutes.
3. Add chopped garlic and cook for another minute. (if you do not have fresh garlic, replace with ¼ teaspoon garlic powder and add in step 4)
4. Add diced tomatoes with their juices, basil, thyme, oregano, salt and pepper.
5. Cook on low to medium heat for about 15- 20 minutes.
6. Taste the sauce and add more of the spices, if desired. Serve over cooked pasta.

Makes 3½ cups sauce

Tips:

- Use any kind of canned tomatoes you have. If the pieces are too large, chop them smaller or mash them
- Add a can of tomato paste to make a thicker sauce
- Add meatballs or cooked ground meat, or a can of drained lentils to add protein