Homemade Pasta Sauce

Gather ingredients: Crushed tomatoes, onions, garlic and herbs.

Cook onions and garlic in oil until lightly browned.

Add tomatoes to pan with onions and garlic.
Add all your herbs to the tomato sauce.

Get creative with your pasta!

- **Hot peppers** make a spicy sauce.
- **Meatballs** and **chicken** add protein.
- Add your favorite veggies such as **spinach**, **broccoli**, **grated carrots** or **celery**.

Pasta Sauce

- 1 Tbl **oil**
- 1 medium **onion**
- 2-3 cloves **garlic**
- 1 (28oz) can **crushed tomatoes**
- 3/4 tsp **salt**
- 1/2 cup **basil**, fresh
- 1 tsp **oregano**, dried
- 1 Tbl **parsley**, dried
- 1 lb **pasta**

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 8

Amount Per Serving

Calories 350	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 69g	23%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 13g	

Vitamin A 10%	• Vitamin C 25%
Calcium 8%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Add 1 Tbl oil to a medium saucepan over medium heat.
2. Add onions and garlic into pan and cook for 5 mintues, stirring occasionally.
3. While onions and garlic are cooking, tear the basil leaves into small pieces. If you don't have fresh basil, just substitute 1 Tbl dried basil.
4. Add the rest of the ingredients to the pan and stir until combined.
5. Place sauce back on medium heat and cook for 15-20 minutes, stirring occasionally so it doesn't splatter.
6. Add sauce to cooked pasta and enjoy!

Makes 8 servings

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