



EASY TOMATO SAUCE

Ingredients

- 3 tbsp olive oil
- 1 large onion, finely chopped
- 3-4 cloves garlic, finely minced or crushed
- Optional: Small bunch of Italian parsley chopped
- 2 jars crushed/purée tomatoes
- 1 jar of water
- 3 tbsp tomato paste
- 1 large carrot
- 1 tsp Italian seasoning
- 1/2 tsp salt & ground black pepper (to your preference)
- 4 leaves of fresh basil
- Optional: 1 cup of baby kale or spinach

Directions

- **Step 1:** In a large pot, sauté the onions & garlic in the olive oil on medium heat until golden. Add parsley now if using it.
- **Step 2:** Add the crushed tomatoes, water & tomato paste. Let this simmer on medium heat, stirring occasionally.
- **Step 3:** Add a large carrot. Keep stirring occasionally on medium heat.
- **Step 4:** Add the seasonings, basil, kale or spinach for the last 5 minutes.
- **Step 5:** Taste before serving. Add salt or cheese for more flavour.
- **Tip:** This recipe freezes well, so it's great to have leftovers.

ENJOY!

PREP TIME: 10 MINUTES

COOK TIME: 50 MINUTES

TOTAL TIME: 60 MINUTES

