



# Classic Tomato Sauce

Makes: 15 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 tbsp	vegetable oil	45 mL
$\frac{3}{4}$ cup	onions, finely chopped (approx. 1 medium)	175 mL
2 cloves	garlic, finely minced	2 cloves
2 tbsp	tomato paste	30 mL
2 (28 oz) cans	low-sodium tomatoes, crushed or diced	2 (796 mL) cans
1	bay leaf	1
$\frac{1}{2}$ tsp	oregano, dried	2 mL
$\frac{1}{2}$ tsp	basil, dried	2 mL
1 tsp	salt	5 mL
$\frac{1}{4}$ tsp	pepper	1 mL
$\frac{1}{2}$ tsp	sugar	2 mL

*Note:* Nutrition Information is on page 2.

## Directions

1. Heat oil in a pot on medium-heat. Add onions and sauté until soft.
2. Add garlic and cook for 1 minute.
3. Add tomato paste, canned tomatoes and herbs and spices.
4. Simmer for 30 - 45 minutes and add sugar if desired.
5. Sauce can be frozen.

**Nutrition Information**

Serving 125 g (1/2 cup)

Calories 80

Fat 3 g

Saturated 0 g

+ Trans 0 g

Sodium: 170 mg

Carbohydrates: 11 g

Fibre 2 g

Sugars 6 g

Protein 2 g

Calcium 20 mg

Iron 1 mg

**Food Guide Servings**

1 Vegetable & Fruit