

Easy Homemade Pizza Sauce Recipe



This easy Homemade Pizza Sauce Recipe is made in 5 minutes with 9 ingredients. It's the best pizza sauce perfect for homemade pizza nights.

Course	condiment, Main Course, Side Dish
Cuisine	American, Italian
Diet	Diabetic, Gluten Free, Vegan, Vegetarian
Prep Time	5 minutes
Total Time	5 minutes
Servings	24 Servings (2 14" round pizzas)
Calories	23.3kcal
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Equipment

- [glass batter bowl](#)
- [measuring spoons](#)
- [red spatula](#)

Ingredients

- 6 oz [tomato paste](#) (1 -6 oz can)
- 15 oz [tomato sauce](#) (1 - 15 oz can)
- 1-2 TBS [oregano](#) to taste
- 2 TBS [Italian seasoning](#)
- ½ tsp [garlic powder](#)
- ½ tsp [onion powder](#)
- ½ TBS [garlic salt](#)
- ¼ tsp [freshly ground black pepper](#)
- 1 tsp [sugar](#)* coconut sugar for paleo or omit

Instructions

1. Mix tomato paste and sauce together in a medium size bowl until well combined (all the lumps of paste are incorporated into the sauce).
2. Add the rest of the ingredients (oregano, Italian seasoning, garlic powder, onion powder, garlic salt, pepper and sugar) and mix well!
3. Use in your favorite pizza recipe!

Notes

*sugar can be omitted and it will still taste great!

To store:

- **Refrigerate:** Store in an airtight container in the refrigerator for up to two weeks. The sauce will thicken in the refrigerator, so be sure to let it come to room temperature or gently warm it in the microwave before using!
- **Freeze.** Store in an airtight container in the freezer for up to two months!

Ingredient Substitutions

- **Tomato Sauce.** Sometimes I run out of cans of tomato sauce, and in a pinch I have used a can of diced tomatoes that I tossed in my Vitamix to turn into sauce! You can also use fresh blended tomatoes as well.
- **Tomato Paste.** Please don't leave out the tomato paste! It makes the pizza sauce thick which is key in making non-soggy pizza!
- **Oregano/Italian seasoning.** I always make this with dried spices, but feel free to use fresh. Also, if you like a sauce with a less bold flavor, you might want to start with less and add more to your liking.
- **Garlic salt.** If you don't keep garlic salt on hand, use a little more garlic powder and regular sea salt.
- **Granulated sugar.** This can be left out to make a sugar-free version. Or you can substitute coconut sugar. I think the little bit of sugar enhances the flavor of the tomatoes.
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Nutrition

Serving: 2TBS | Calories: 23.3kcal | Carbohydrates: 5.4g | Protein: 1g | Fat: 0.2g | Sodium: 479.1mg | Potassium: 237.8mg | Fiber: 1.2g | Sugar: 3g | Vitamin A: 330IU | Vitamin C: 7.1mg | Calcium: 15mg | Iron: 0.9mg

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