

# Tomato Sauce (Meatless)

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 ¼ tsp		3 Tbsp	1. Heat oil. Add onions and cook approximately 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	13 ½ oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	
Canned tomato paste	9 ¼ oz	1 cup	2 lb 5 oz	1qt (⅓ No. 10 can)	2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes.  CCP: Heat to 140° F or higher.
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 1 Tbsp (¼ No. 10 can)	6 lb 6 oz	3 qt ¼ cup (1 No. 10 can)	
Water		½ cup		2 cups	
Ground black or white pepper		⅓ tsp		½ tsp	
Dried parsley		1 Tbsp		¼ cup	
Granulated garlic		2 ¼ tsp		1 Tbsp	
†Seasonings Dried basil Dried oregano Dried marjoram Dried thyme		¼ tsp ¼ tsp ⅓ tsp pinch		1 tsp 1 tsp ¾ tsp ¼ tsp	
					3. CCP: Hold for hot service at 135° F or higher.  Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

## Comments:

\*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart, use ¾ tsp Italian Seasoning Mix. For 1 gallon, use 1 Tbsp Italian Seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	1 Quart	1 Gallon
Mature onions	4 oz	1 lb

# Tomato Sauce (Meatless)

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	<b>1 Quart:</b> 32 2 Tbsp servings	<b>1 Quart:</b> about 1 quart
	<b>1 Gallon:</b> 128 2 Tbsp servings	<b>1 Gallon:</b> about 1 gallon

Tested 2004

Nutrients Per Serving					
Calories	16	Saturated Fat	0.05 g	Iron	0.36 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	3.01 g	Vitamin A	347 IU	Sodium	37 mg
Total Fat	0.38 g	Vitamin C	8.1 mg	Dietary Fiber	0.7 g