Michele Sodon

NUTRITION PER SERVING:

CALORIES	31
PROTEIN	1 G
CARBOHYDRATE	4 G
TOTAL FAT	1 G

PREP TIME:	5 MINUTES
COOK TIME:	15 MINUTES (ADD 15 MINUTES IF MAKING HOMEMADE ROASTED RED PEPPERS)

YIELD:	12 SERVINGS
SERVING SIZE:	½ C SAUCE

2 TSP	OLIVE OIL
1 TSP	GARLIC, CHOPPED (ABOUT 1 CLOVE)
1 JAR	(12 OZ) ROASTED RED PEPPERS, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; SEE TIP)
2 CANS	(14½ OZ EACH) NO-SALT-ADDED DICED TOMATOES
1 CANS	(5½ OZ) LOW-SODIUM TOMATO JUICE
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	GROUND BLACK PEPPER

SUPER QUICK CHUNKY TOMATO SAUCE

MAKE BATCHES OF THIS TASTY SAUCE TO GO WITH A NUMBER OF RECIPES IN THIS COOKBOOK

01 In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).

02 Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.

03 Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters.)

04 Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.

✔ Older children can chop the roasted red peppers and help cook the sauce. For a delicious change, try making fresh roasted red peppers.

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