

## Simple Tomato Sauce

Yield: 6 servings (1 cup each)

### Ingredients:

1 onion, diced  
8 cloves garlic, minced  
3 tablespoons olive oil  
salt and freshly ground black pepper to taste  
1 tablespoon dried thyme  
1 teaspoon dried basil  
½ medium carrot, finely shredded  
2 (28-ounce) cans crushed tomatoes

### Procedure:

Saute the onion and garlic in the olive oil over medium heat until onions become translucent, about 10 minutes. Season with salt and pepper, add the herbs and carrot and cook 5 minutes more. Add the tomatoes. Bring to a boil and reduce heat so that the sauce simmers slowly for one hour. Stir occasionally. Check seasoning and adjust with additional salt and pepper, if needed. Serve over your favorite pasta topped with a sprinkling of freshly grated Parmesan or Romano cheese.

contains about  
140 calories and  
7 grams of fat  
per serving

**A serving of Simple Tomato Sauce is lycopene rich and provides more than 80 percent of the daily recommendations for vitamins C and A (as carotenoids).**



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