

Quick and Easy Italian Sauce

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-chop-tomato-sauce-recipe>

Ingredients:

- 1 pound sweet Italian sausage I know some places like NC doesn't carry it fresh so you'd need to look in the freezer aisle, unless you...
- 2 pork chops with bone
- 3 tablespoons olive oil
- 2 cloves garlic powder you can also use, 1 tsp
- 3 tablespoons parsley
- 1/2 teaspoon salt
- 2 italian seasoning
- 2 fresh basil leaves in produce We grow our own and freeze it
- 1/4 teaspoon pepper
- 4 cans Italian tomatoes peeled, or crushed tomatoes, I use Tuttorosso or Progresso...try to stay with something Italian
- 6 cans tomato paste I use Contadina
- 2 cans water use the tomato cans Coat bottom of large sauce pot with Olive oil

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 70 milligrams
4. Fat: 22 grams
5. Fiber: 12 grams
6. Protein: 46 grams
7. SaturatedFat: 6 grams
8. Sodium: 2490 milligrams
9. Sugar: 32 grams

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