

Easy Homemade Pasta Sauce

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/orti-d-italia-pasta-sauce-recipe>

Ingredients:

- 2 teaspoons olive oil
- 1 medium onion chopped
- 2 tablespoons minced garlic
- 1 can crushed tomatoes 15 ounce
- 1 can tomato sauce 8 ounce
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1/2 teaspoon crushed red pepper can be omitted if you prefer
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon sugar optional – can leave out, or use more or less – 1 teaspoon is what I use

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 440 milligrams
7. Sugar: 2 grams

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