

# Greek Tomato Sauce

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mr-greek-potatoes-in-tomato-sauce-recipe>

## Ingredients:

- 3 tablespoons butter
- 1 yellow onion finely chopped
- 2 cloves garlic finely minced
- 4 cups diced tomatoes good quality canned
- 3/4 cup red wine
- 1/2 cup water
- 2 tablespoons fresh parsley finely chopped
- 1 1/2 teaspoons oregano dried Greek
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon sea salt
- 2 dashes ground allspice

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 230 milligrams
9. Sugar: 9 grams

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