

Basic Tomato Sauce

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/little-lamb-meatballs-in-a-spicy-eggplant-tomato-sauce-recipes>

Ingredients:

- 2 tablespoons olive oil
- 1/2 onion medium, finely chopped
- 1 small carrot or 1/2 large carrot, finely chopped
- 1 stalk celery including the green tops, finely chopped
- 2 tablespoons fresh parsley chopped
- 1 clove garlic minced
- 1/2 teaspoon dried basil or 2 Tbsp chopped fresh basil
- 28 ounces tomatoes whole, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
- 1 teaspoon tomato paste
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 22 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 460 milligrams
8. Sugar: 15 grams

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