

Everyday Tomato Sauce

Ingredients:

- 1 1/2 tsp oil
- 1 onion chopped
- 2 1/2 cups chopped tomatoes
- 1 Tbsp garlic powder or 2 cloves garlic
- 1/2 tsp oregano
- Salt and pepper to taste



Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook until soft, stirring often.
3. Add tomatoes, garlic, oregano, salt, and pepper.
4. Simmer for 15-20 minutes or until thickened.
5. Serve over pasta, rice, or cooked vegetables.
6. Refrigerate or freeze leftover sauce for meal prep.

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- One medium tomato=1/2 cup chopped
- Don't worry about the tomato being perfectly chopped, any size or shape will do for this sauce
- Feel free to add in other veggies like peppers, eggplant, or zucchini as you have them.



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