Super quick chunky tomato sauce

Ingredients

2 teaspoons olive oil
1 teaspoon garlic, chopped (about 1 clove)
1 12-ounce jar roasted red peppers drained and diced (or substitute fresh roasted red peppers)
2 14½-ounce can no-salt-added diced tomatoes
1 5½-ounce can low-sodium tomato juice
1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)
¼ teaspoon ground black pepper

1. In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
2. Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
3. Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be puréed for picky eaters.).
4. Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.

Yield 12 servings, Serving Size ½ cup sauce, Calories 31, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 76 mg, Total Fiber 1 g, Protein 1 g, Carbohydrates 4 g, Potassium 66 mg