

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



National Heart, Lung,
and Blood Institute