Easy Garlic Pasta Sauce

Serves: 6
Prep: 10 minutes | Cook: 10 minutes

INGREDIENTS
- 2 tablespoons cooking oil
- 1 medium onion, diced
- 3-5 cloves garlic, minced
- 2 teaspoons dried basil
- Pinch of red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 (28 ounce) can crushed tomatoes
- 1/4 cup water

DIRECTIONS
1. Heat the oil over high heat until it shimmers. Add the onions and cook, stirring frequently, about 3 minutes. Add the garlic. Cook for 2 more minutes, stirring.
2. Add basil, red pepper flakes, salt, and sugar. Stir. Cook for 1 minutes.
3. Add 1/2 can of crushed tomatoes. Scrape the bottom of the pan to remove any stuck on bits. Reduce heat to low.
4. Add remaining tomatoes and water. All to simmer for 10 minutes up to one hour. If simmering for longer, stir the sauce occasionally and add water as needed.
5. Serve on top of your favorite pasta noodles or use as a homemade pizza sauce.

Nutrition Information
Serving Size: 1/6 of recipe
Calories 73
Total fat 5g
- Saturated fat 0.7g
Cholesterol 0mg
Sodium 382mg
Carbohydrates 8 g
- Fiber 2g
- Sugars 4g
Protein 1.5g

Recipe source: cookfasteatwell.com