

Easy Garlic Pasta Sauce

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**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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	
<i>Serving Size: 1/6 of recipe</i>	
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