

## Tomato Sauce

Preparation time **5 minutes**

Cooking time **35 minutes**

Servings **About 900 ml**

Cost per serving **\$2.57**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Large pot, pot lid, cutting board, sharp knife, measuring cups and spoons, plate, can opener, colander, wooden spoon, plate**



## Ingredients



5 ml (1 tsp)  
**canola oil**



1 small **yellow onion**,  
finely chopped  
(about 125 ml / ½ cup)



3 **garlic** cloves,  
finely chopped



1 can (156 ml)  
**tomato paste**



1 can (796 ml)  
**diced tomatoes**

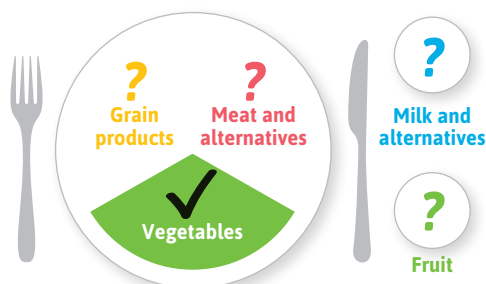


**Salt and pepper**  
to taste



Tabasco-style  
**hot sauce** (optional)

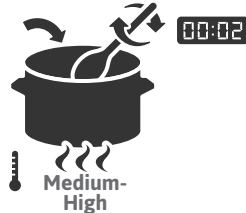

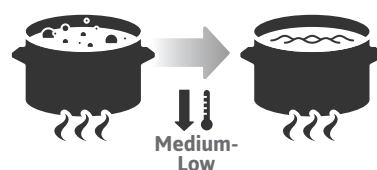


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### Balanced plate

✓ Serve with a grain product (pasta, for example) and a serving from the meat and alternatives food group (beef or beans, for example). Serve with vegetables (salads or raw vegetables, for example) to round out the serving and a glass of milk or fortified soy beverage.

# Directions

1	<p>In a large pot over medium-high heat, cook the <b>onion</b> and the <b>garlic</b> cloves in the <b>oil</b> for 2 minutes, or until browned.</p>	
2	<p>Add <b>tomato paste</b> and <b>diced tomatoes</b>. Add <b>salt</b>, <b>pepper</b> and <b>hot sauce</b> (if using).</p>	
3	<p>Bring to a boil, then lower heat and gently simmer the sauce. <b>Variation:</b> Add vegetables and a source of protein to the sauce. Beef, poultry, tofu and beans will taste great in the tomato sauce.</p>	
4	<p>Cover, leaving a small space for steam to escape, and cook over low heat for 30 minutes.</p>	
5	<p>Serve immediately with pasta or refrigerate for future use.</p>	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition