



# Spaghetti or Pizza Sauce

## Ingredients:

- 28 oz can peeled whole tomatoes (no sugar added)
- 2 tbsp tomato paste
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp salt (add more if necessary)
- 2 tbsp Walden Farms Italian Dressing (or apple cider vinegar)
- 2 tbsp extra virgin olive oil

## Directions:

1. Drain tomatoes, reserve juice. (You won't need the juice unless you like the sauce a bit thinner, otherwise, discard.)
2. Puree the tomatoes and tomato paste in a blender (Ninja or bullet.) Place in a medium bowl, stir in the remaining ingredients. Taste and adjust salt or seasonings, if necessary.
3. Pour mixture into a medium saucepan, bring to a low boil. Immediately turn down to low heat and simmer for 25-30 minutes, stirring occasionally. Keep sauce refrigerated till use.

Servings: makes 8 servings.

Each serving = ½ cup occasional vegetables, daily healthy oil.

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