



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	31
PROTEIN	1 G
CARBOHYDRATE	4 G
TOTAL FAT	1 G

PREP TIME:	5 MINUTES
COOK TIME:	15 MINUTES (ADD 15 MINUTES IF MAKING HOMEMADE ROASTED RED PEPPERS)

YIELD:	12 SERVINGS
SERVING SIZE:	½ C SAUCE

2 TSP	OLIVE OIL
1 TSP	GARLIC, CHOPPED (ABOUT 1 CLOVE)
1 JAR	(12 OZ) ROASTED RED PEPPERS, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; SEE TIP)
2 CANS	(14½ OZ EACH) NO-SALT-ADDED DICED TOMATOES
1 CANS	(5½ OZ) LOW-SODIUM TOMATO JUICE
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	GROUND BLACK PEPPER



SUPER QUICK CHUNKY TOMATO SAUCE

MAKE BATCHES OF THIS TASTY SAUCE TO GO WITH A NUMBER OF RECIPES IN THIS COOKBOOK

- 01 In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
- 02 Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
- 03 Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters.)
- 04 Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.



Older children can chop the roasted red peppers and help cook the sauce. For a delicious change, try making fresh roasted red peppers.

