

# Homemade pizza sauce

Makes 3 cups



## Ingredients

- Two 28-ounce cans Italian-style pear-shaped plum tomatoes, drained
- 1 tablespoon chopped fresh or 1 teaspoon dried basil leaves
- 1 tablespoon chopped fresh or 1 teaspoon dried oregano leaves
- 1 teaspoon grated Romano or imported Parmesan cheese
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 cloves garlic

## Preparation

Place all ingredients in food processor or blender. Cover and process until smooth.

Use sauce immediately or cover and refrigerate up to 48 hours or freeze up to 2 months.

## Nutrition

Per serving: 450 calories; 10g total fat (2g saturated); 0mg cholesterol; 4060mg sodium; 71g carbohydrates; 14g fiber; 40g sugars; 15g protein.



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