

## Ingredients

1 tsp olive oil  
1 onion, small, finely diced  
1 clove garlic, minced  
1 can crushed tomatoes (28 oz)  
4 fresh basil leaves  
1 tsp dried oregano

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## Instructions

Add oil to a 2 quart sauce pan and heat over medium high heat. Add the onions and saute until slightly translucent. Add the garlic and saute about a minute until golden. Add the crushed tomatoes. Stir well and bring to a simmer. Add the fresh basil and oregano. Simmer on low, stirring often, for at least 15 minutes.

## Nutrition Information Per Serving

Serving Size: 1/4 cup

12 servings

Calories: 30

Fat: 1 gm

Sodium: 125 mg

Fiber: 1 gm

Carbohydrates: 6 gm

Protein: 1 gm