

Ingredients

1/2 tsp olive oil
1/2 onion, small, finely diced
1 clove garlic, minced
1 can crushed tomatoes (14 oz)
2 fresh basil leaves
1/2 tsp dried oregano

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

Serves 6

Calories: 30

Fat: 1 gm

Sodium: 125 mg

Fiber: 1 gm

Carbohydrates: 6 gm

Protein: 1 gm