

Molly's Tomato Sauce

Recipe By:

Serving Size: 8

Ingredients:

1 cup onion, chopped
1 cup green peppers, chopped
8 oz. baby bella mushrooms, sliced
2 Tablespoons olive oil
1 tsp. salt
1 tsp. pepper
6 cloves garlic
2 tablespoons italian seasoning
56 ounces crushed peeled tomatoes
56 ounces whole peeled tomatoes
6 ounces tomato paste

Directions:

1. heat olive oil in a large pot
2. add garlic and heat until starting to brown
3. add italian seasonings, peppers, onions, and mushrooms and heat until mushrooms are clear - about 5 minutes
4. add cans of crushed tomatoes
5. add cans of whole tomatoes, squishing them with your hands as you add them
6. add tomato paste
7. heat at a simmer for at least an hour, but up to 2 or 3. stir every 30 minutes or so.

Servings 10

Calories: 149

Total Fat: 3 g

Fiber: 6 g

Protein: 5 g