

# Spaghetti Sauce

## Ingredients

- 1 ½ teaspoons minced garlic
- 1 can tomato puree 29 ounces
- 1 can diced tomatoes, with juice 14.5 ounces each
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon oregano
- 1 teaspoon basil
- ½ teaspoon thyme
- ½ teaspoon crushed red pepper

## Instructions

1. In a large saucepan, add all ingredients and bring to a low boil, stirring often.
2. Once the sauce is heated through and at a low boil, reduce the burner temperature to low and simmer uncovered for 45 minutes.
3. Serve immediately or allow the sauce to cool, then package it in freezer-safe containers for easy storage.

Serve over Zucchini Noodles!

## Nutrition Facts

Servings: 7

Amount per serving

**Calories** **40**

% Daily Value\*

**Total Fat** 2.1g **3%**

Saturated Fat 0.3g **2%**

**Cholesterol** 0mg **0%**

**Sodium** 347mg **15%**

**Total Carbohydrate** 4.2g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2.5g

**Protein** 0.9g



