

Basic Pasta Sauce

Yield: 4 servings

Ingredients:

1 T canola oil	1 t dried oregano
1 onion, chopped	1/2 t. salt
1 (15-16oz) can tomato sauce	1/4 t. pepper
1 t. garlic powder	1/2 c. water

Directions:

In a large skillet or saucepan over medium heat, saute onion in the oil for about 5 minutes. Add the rest of the ingredients. Bring to a boil then lower heat and simmer until it thickens, about 30 to 40 minutes – longer is better!

Serve over cooked pasta. (Recommended serving size of pasta is 2 oz uncooked pasta per person.)

Nutritional Information per Serving

Calories: 82	Sodium: 653mg	Dietary Fiber: 2.1g
Total Fat: 4.5g	Total Carbs: 9.7g	Protein: 2.4g
Cholesterol: 3mg		

Source: <http://allrecipes.com/Recipe/Basic-Sauce-for-Pasta/Detail.aspx>