



Makes 4 cups
Preparation Time: 10 minutes
Cook Time: 35 minutes

INGREDIENTS:

1 medium yellow onion, peeled
and diced small

6 cloves garlic, peeled and
minced

6 tablespoons basil, minced

2 tablespoons oregano, minced

One 28-ounce can diced
tomatoes, pureed

Salt to taste

Tomato Sauce

This is my go-to sauce for anything. You can toss it with cooked whole-grain pasta and sautéed vegetables for an easy meal.

From *Forks Over Knives - The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1** Place the onions in a large saucepan and sauté over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking to the pan.
- 2** Add the garlic, basil, and oregano and cook for another 3 minutes. Add the pureed tomatoes and salt and cook, covered, over medium-low heat for 25 minutes.