

Red Pizza Sauce

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 8 servings | Serving Size: ~3 tablespoons

Ingredients

- 1 (14.5-ounce) can crushed tomatoes
- 1 garlic clove, chopped (about ½ teaspoon)
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 1 pinch ground black pepper
- 1 pinch crushed red pepper flakes (optional)

Directions

1. Add the tomatoes, garlic, oil, vinegar, oregano, salt, sugar, black pepper, and red pepper flakes (if using) to a blender or food processor.
2. Blend until smooth, about 1-2 minutes.
3. Use right away, or keep in the refrigerator until needed.

Recipe Notes

- This sauce will keep in the refrigerator for up to 7 days or in the freezer for up to 3 months.
- Add other cooked chopped vegetables if desired, either blending them into the sauce or leaving them whole for a chunky sauce. Ideas include bell peppers, onions, carrots, and mushrooms.



Nutrition Facts Per Serving: Calories: 35 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 170 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 1.5 g | Protein: 1.5 g

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