

## Homestyle Tomato Sauce with Herbs

You can double this recipe. Store extra sauce in the refrigerator for a week, or frozen for up to six months.

Makes 2 cups

Costs: \$0.72 per cup (250 mL)

1 Tbsp	Vegetable oil	15 mL
½ cup	Chopped onion	125 mL
1	Can (19 ozs/540 ml) tomatoes	1
3 Tbsp	Tomato paste	45 mL
1 tsp	Sugar	5 mL
½ tsp	Salt	2 mL
½ tsp	Basil	2 mL
½ tsp	Italian seasoning	2 mL
½ tsp	Oregano	2 mL
¼ tsp	Ground pepper	1 mL

1. Turn on stove to medium heat. Heat oil in medium saucepan. Add chopped onion and cook until soft, about 5 to 7 minutes.
2. Stir in tomatoes, tomato paste, sugar, salt, Italian seasoning, basil, oregano and pepper. Heat to boiling. Then turn down heat, cover and simmer for 40 minutes. Stir several times.

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