

Raw Tomato Sauce

Ingredients:

- 1 medium tomato of your choice
- ½ cup sun-dried tomatoes with herbs in olive oil
- ½ tsp dry oregano
- ½ tsp dry basil
- ½ tsp Italian seasoning
- 1 small clove of garlic crushed
- ¼ tsp salt



Servings: 2

Nutrition Facts			
Serving Size 1/2 cup (105g)			
Servings Per Container			
Amount Per Serving			
Calories 80	Calories from Fat 35		
	% Daily Value*		
Total Fat 4g			6%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 320mg			13%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 8%	•	Vitamin C 70%	
Calcium 4%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Instructions:

1. Place all ingredients into food processor.
2. Pulse to incorporate all tomato sauce ingredients. (Do not over-process, it's nice to leave this sauce a bit chunky).
3. Serve.
4. Store leftovers in the fridge.