

INGREDIENTS

- 1 tbsp Olive Oil
- 1 tbsp Garlic, minced
- 1 tsp Dried Oregano
- 2, 14.5 cans Diced Tomatoes (undrained) or 2 cups Tomatoes, diced
- 1 tbsp Sugar, Honey or Agave
- ½ tsp Salt
- ¼ tsp Red Pepper Flakes
- Black Pepper, to taste

DIRECTIONS

1. Dice garlic and tomatoes.
2. In a medium saucepan over low heat, warm the olive oil.
3. Add the garlic and cook, stirring for about a minute. Add in dried oregano.
4. Increase heat to medium. Add tomatoes, sugar, red pepper flakes, salt, and black pepper.
5. Leave over medium heat, stirring occasionally, until boiling. Reduce heat to low for a nice simmer.
6. Simmer uncovered for 90 minutes or until desired.
7. Allow sauce to cool to a safe temperature and then, using an immersion blender, blend the sauce.
8. Use on pizza or pasta. Use within 5 days or freeze.



Homemade Pizza Building

*Fall 2019 Cooking Class |
Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:
2 Servings

Prep Time:
10 Min

Cook Time:
90 Min