

# Spaghetti Sauce

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*This is my basic sauce for many of my dishes. Since I'm part Italian, making sauce in autumn is part of my heritage – spaghetti sauce, aka pizza sauce or the base for many other wonderful dishes like lasagna or chicken parmesan. I quadruple this recipe by using a #10 commercial can of tomatoes and make it in a large spaghetti-type pot. Then I portion it into quart containers for the freezer.*

1 28 oz can	crushed tomatoes	1 teaspoon	dried oregano or 2 Tbs fresh, chopped
1 6 oz. can	tomato paste	¼ teaspoon	fennel seeds, crushed
1 8 oz. can	tomato sauce	1	bay leaf
2 cloves	garlic, minced	1 pinch	red pepper flakes, crushed
½ teaspoon	sugar	1	salt to taste
½ teaspoon	dried basil or 1 Tbs fresh, chopped	⅛ teaspoon	black pepper

Place all ingredients in a 4 quart saucepan. Bring to a boil. Cover pot and turn down heat to a simmer for a minimum of two hours or up to four hours, stirring often so nothing sticks to the bottom. You can put in plastic containers and freeze to have on hand for pizza sauce or other uses.

Servings: 10

Yield: 2 quarts

Preparation Time: 15 minutes

Cooking Time: 2 hours

Total Time: 2 hours and 15 minutes

## Nutrition Facts

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Nutrition (per serving): 48 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 396.7mg sodium, 492mg potassium, 10.9g carbohydrates, 2.7g fiber, 3.3g sugar, 2.4g protein.

## Source

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