

# Spaghizza Sauce

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SERVINGS: 6

## TIP

The longer the sauce is simmered, the thicker it will get.

## NUTRITION INFO

Calories — 91      Fat — 5 g      Protein — 3 g  
Carbs — 11 g      Fiber — 3 g      Net carbs — 8 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

## INGREDIENTS

- 28 oz. can crushed tomatoes
- 2 T. tomato paste
- ¼ tsp. black pepper
- ½ tsp. crushed red pepper flakes
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 T. Italian seasoning
- 1 tsp. salt
- 2 T. apple cider vinegar
- 2 T. extra virgin olive oil

## DIRECTIONS

1. Place all ingredients in a blender; blend until tomatoes are pureed.
2. Pour mixture into a medium sauce pan and bring to a low boil. Immediately turn down to low heat; simmer for 25 - 30 minutes, stirring occasionally.
3. Refrigerate sauce until use.