

Homemade Pasta Sauce

INGREDIENTS:

- ½ Tbsp. oil
- ¼ onion, diced
- 1 clove garlic, minced
- 1 cup tomato sauce
- 1 tsp oregano
- Salt and pepper, to taste



DIRECTIONS:

1. In a pan, over medium heat, add ½ Tbsp. olive oil.
2. Chop the onions and garlic and add to pan. Cook until onions are translucent and garlic golden brown.
3. Add the tomato sauce to pan.
4. Add the oregano, salt and pepper. Lower cooking temperature to low. Allow to simmer for 10-30 minutes. (The longer it cooks the deeper the flavor you will get). Stir occasionally.
5. Add the sauce to your pasta and enjoy!

Fun Facts!

- Tomatoes are a great source of vitamin A, which is great for your eyesight and for your immune system.
- Tomatoes can come in different colors such as red, orange, yellow and green!