

Basic Tomato Sauce

main meals

POINTS® Value: 1

Servings: 5

Preparation Time: 1 min

Cooking Time: 22 min

Level of Difficulty: Easy

Course: main meals

Getting Started Week 1, Weight Watchers TurnAround foodplan, p.49.
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Ingredients

- 1 tsp minced garlic
- 28 oz canned crushed tomatoes
- 15 oz canned tomato sauce
- 1/4 tsp McCormick Oregano leaves
- 1/2 tsp ground basil
- 1/2 tsp Sucralose

Instructions

1. Spray medium saucepan with nonstick spray; heat. Add garlic; cook over medium heat, stirring constantly, until lightly browned, 1-2 minutes.
 2. Add crushed tomatoes, tomato sauce, oregano, and basil; stir to combine. Bring to boil; reduce heat. Let simmer until thickened and flavors are blended, about 15 minutes.
 3. stir in sweetener; let cook 5 minutes longer. Makes 5 cups.
- Per serving: 82 calories; 1 g fat; 4 g fiber

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