



## JILL'S TOMATO SAUCE

By Dr. Cindy Tanzar  
(Standard)

Makes 8-9 servings. One serving is 1/4-1/2 cup of sauce. Counts as part of your cooked vegetable.



### INGREDIENTS

- 1 14.5-oz can organic diced tomatoes
- 1 15-oz can organic tomato sauce
- 1 6-oz can organic tomato paste
- 1 Tbsp garlic, minced
- 1/2 tsp Italian seasoning
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp Pink Himalayan salt
- 1 tsp nutritional yeast
- Pinch of black pepper
- Small squirt of liquid stevia or MonkFruit (to cut acidity)

### INSTRUCTIONS

Add all ingredients into a medium-sized sauce pan. Simmer until thoroughly heated. Can pulse with an immersion blender for a less chunky consistency, if preferred.