

# Spaghetti Sauce



Why buy jarred sauce that contains a lot of unnecessary added sugar? Homemade is so much better and better tasting! I make double batches of this very easy recipe and freeze the portions in containers.

## Ingredients:

1 T olive oil  
1 medium onion, diced small  
1 28oz can crushed tomatoes  
1 14.5oz can italian-style diced tomatoes  
3 cloves garlic, minced  
1 T dried basil  
2 t dried oregano  
2 t dried parsley

## Directions:

1. Saute the onion in the olive oil until translucent and fragrant.
2. Add all remaining ingredients and stir well.
3. Cover and simmer at a medium-low heat for about 25 mins, stirring occasionally.

## Tip:

- If you want a thicker sauce, you can simmer it uncovered or mix in a tablespoon or so of tomato paste.
- You can add any other vegetables to this sauce: mushrooms, peppers, zucchini, spinach, etc etc