

# FUSION

FITNESS STUDIO

## NUTRITION PER SERVING:

<b>CALORIES</b>	31
<b>PROTEIN</b>	1 G
<b>CARBOHYDRATE</b>	4 G
<b>TOTAL FAT</b>	1 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	15 MINUTES (ADD 15 MINUTES IF MAKING HOMEMADE ROASTED RED PEPPERS)

<b>YIELD:</b>	12 SERVINGS
<b>SERVING SIZE:</b>	½ C SAUCE

<b>2 TSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, CHOPPED (ABOUT 1 CLOVE)
<b>1 JAR</b>	(12 OZ) ROASTED RED PEPPERS, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS; SEE TIP)
<b>2 CANS</b>	(14½ OZ EACH) NO-SALT-ADDED DICED TOMATOES
<b>1 CANS</b>	(5½ OZ) LOW-SODIUM TOMATO JUICE
<b>1 TBSP</b>	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>¼ TSP</b>	GROUND BLACK PEPPER



## SUPER QUICK CHUNKY TOMATO SAUCE

MAKE BATCHES OF THIS TASTY SAUCE TO GO WITH A NUMBER OF RECIPES IN THIS COOKBOOK

- 01** In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
- 02** Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
- 03** Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters.)
- 04** Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.



Older children can chop the roasted red peppers and help cook the sauce. For a delicious change, try making fresh roasted red peppers.

