

# Quick and Easy Pizza Sauce

Yield: 16 servings

## Ingredients

2 Tbsp olive oil  
½ cup green onion, sliced  
½ tsp garlic powder  
½ tsp salt, kosher  
1½ Tbsp Italian seasoning  
1 Tbsp dry basil  
¼ tsp ground fennel  
4 cups tomato purée

## Directions

1. Heat olive oil (2 Tbsp) in a saucepan over medium heat.
2. Add the green onion (½ cup) and garlic powder (½ tsp). Cook for about five minutes.
3. Add the salt (½ tsp), Italian seasoning (1½ Tbsp), dry basil (1 Tbsp), and ground fennel (¼ tsp), and cook for another three minutes.
4. Add the tomato purée (4 cups). Bring up to a simmer. Cook for about 20 minutes.
5. Adjust salt to taste. Use the sauce as is, or purée with a blender or food processor.

**Chef tip:** Choose all your favorite pizza toppings, but don't forget the veggies!

Bell pepper, diced	Onion, diced
Broccoli, chopped small	Parmesan cheese, finely shredded
Canadian bacon	Pepperoni
Cheddar cheese, shredded	Pineapple, diced
Mozzarella cheese, shredded	Sausage
Mushrooms, sliced	Tomatoes, sliced
Olives, sliced	Zucchini, diced



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### Nutrition Facts

**Serving size 1** (2.4oz)

Amount Per Serving **68g**

**Calories** **43**

**% Daily Value**

**Total Fat** 1.8g **3%**

Saturated Fat 0.3g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 148mg **6%**

**Total Carbohydrate** 6g **2%**

**Dietary Fiber** 1g **6%**

**Sugars** 3g

**Protein** 1g **2%**

Vitamin A **9%**

Vitamin C **12%**

Calcium **2%**

Iron **7%**