Dinner

# Garlicky Roasted Pepper and Tomato Sauce

A quick blender sauce of roasted red peppers, garlic and tomato sauce, seasoned with Italian herbs and a touch of heat from crushed red pepper flakes.



Vegetarian

| 10 min | 20 | 4 g | 3 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 4 servings

- [ ] 1/4 tsp, or to taste crushed red pepper flakes
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 cup low sodium tomato sauce
- [ ] 1 clove garlic
- [ ] 1/2 cup roasted red peppers (drained)

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **20** |
| **Total fat** | 0 g |
| Saturated fat | 0 g |
| **Sodium** | 150 mg |
| **Total carbs** | 4 g |
| Fiber | 1 g |
| Total sugars | 3 g |
| **Protein** | 1 g |

## Method

- [ ] 1 Put the drained roasted red peppers and the garlic clove into a food processor or blender and process until smooth.
- [ ] 2 Add the low sodium tomato sauce, the Italian seasoning and the crushed red pepper flakes, then process until well blended.
- [ ] 3 Taste and add a little more crushed red pepper flakes if you prefer extra heat.
- [ ] 4 Use the sauce right away on pizza, pasta or in place of plain tomato sauce in other dishes.
- [ ] 5 Store any leftovers in the refrigerator for up to 3 days or freeze until needed.

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