

SAUCES & DIPS

Homemade Italian Sauce

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
110 min	20 min	90 min	4	\$1.67	232 kcal



Homemade Italian Sauce could be just the gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe you've been looking for. This recipe serves 4 and costs \$1.67 per serving. One serving contains 257 calories, 13g of protein, and 12g of fat. A couple people really liked this sauce.

Ingredients

- ☐ 16 ounce whole tomatoes
canned
- ☐ 5 cloves garlic, peeled
- ☐ 1 pound mushrooms, sliced
- ☐ 2 tablespoons dried oregano
- ☐ 1 white onion, chopped
- ☐ 1 tablespoon dried basil leaves
- ☐ 1 green bell pepper, chopped
- ☐ 3 tablespoons olive oil
- ☐ 8 ounces tomato paste

EQUIPMENT Pot, Blender

Method

- 1 In a blender chop the whole tomatoes with juice and garlic until chunky. In a medium size pot, heat oil on medium high heat. Put onion and mushroom in and saute for about 5 minutes.
- 2 Place in pot the blended tomatoes, crushed tomatoes, tomato paste, chopped green peppers, oregano and basil. Bring to boil, then lower to medium low, cover and stir periodically. Cook and reduce about 1 to 2 hours or to your liking.

Nutrition per serving

232	9 g	12 g	30 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.7 g · 11% of daily needs
Fibre			8.1 g · 32% of daily needs
Sugar			16.2 g · 18% of daily needs
Sodium			608 mg · 26% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			52.4 mg · 64% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/homemade-italian-sauce-148381