



Norman's Spicy Tomato Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



15

CALORIES



34 kcal

SAUCE

Ingredients

- ☐ 8 oz tomato sauce spanish-style canned
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 tablespoons suya seasoning mix italian

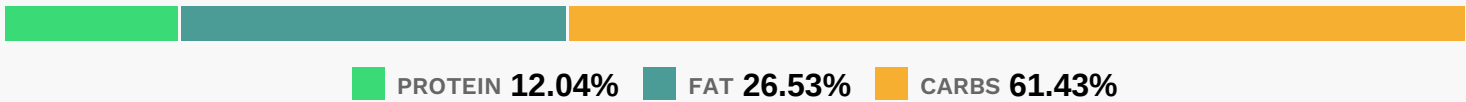
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Saut onion and garlic in hot oil in a 3-qt. saucepan over medium heat 2 to 3 minutes or until tender. Stir in Italian Seasoning
- ☐ Mix, and cook 1 minute. Stir in crushed tomatoes, tomato sauce, and 1 cup water; bring to a boil, stirring constantly. Reduce heat to low, and simmer 40 to 45 minutes or slightly thickened. Stir in salt and honey.
- ☐ Note: We tested with Goya Tomato Sauce.
- ☐ Remove casings from 1/2 lb. mild Italian sausage (about 2 sausages). Cook in a 3-qt. saucepan over medium heat 8 to 10 minutes or until meat is no longer pink, breaking sausage into pieces.
- ☐ Drain; return sausage to pan. Proceed as directed.
- ☐ Spicy Tomato Sauce With Ground Chuck: Cook 1/2 lb. ground chuck in a 3-qt. saucepan over medium heat 6 to 8 minutes until meat crumbles and is no longer pink.
- ☐ Drain; return to pan. Proceed as directed.
- ☐ Spicy Tomato Sauce With Cajun Smoked Sausage: Cook 1/2 lb. sliced Cajun smoked sausage in a 3-qt. saucepan over medium heat 5 to 6 minutes or until browned.
- ☐ Drain; return to pan. Proceed as directed. Note: We tested with Conecuh Cajun Smoked Sausage.

Nutrition Facts



Properties

Glycemic Index:13.15, Glycemic Load:1.7, Inflammation Score:-3, Nutrition Score:3.8530434888342%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 34.29kcal (1.71%), Fat: 1.16g (1.78%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 297mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin C: 6.46mg (7.83%), Manganese: 0.15mg (7.62%), Vitamin E: 1.11mg (7.38%), Vitamin K: 6.93µg (6.6%), Fiber: 1.54g (6.18%), Potassium: 215.93mg (6.17%), Copper: 0.12mg (6.05%), Iron: 1.04mg (5.8%), Vitamin B6: 0.11mg (5.54%), Vitamin B3: 0.83mg (4.15%), Vitamin A: 187.89IU (3.76%), Magnesium: 14.85mg (3.71%), Vitamin B1: 0.05mg (3.16%), Calcium: 30.18mg (3.02%), Folate: 10.46µg (2.61%), Vitamin B2: 0.04mg (2.47%), Phosphorus: 23.93mg (2.39%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.2mg (1.36%)