

TOMATO SAUCE

Time: 60 minutes

Serves: 20

Ingredients:

3-796ml cans whole tomatoes (ideally San Marzano)

100g extra-virgin olive oil

150g garlic cloves - finely chopped

12g salt (or to taste)

Preparation:

Place the tomatoes in a bowl and break apart using your fingers.

Place oil in your pressure cooker pot on sauté temperature. Add the garlic, stirring often for five minutes.

Stir in the tomatoes.

Seal the lid and pressure cook for forty minutes.

Release pressure, safely remove the lid, and stir in salt to taste. This will vary based on how much salt the tomatoes were canned with.

Serve immediately, refrigerate, or freeze.

Nutritional Information Per Serving:

Calories: 59

Fat: 5g

Carbs: 3g

Fibre: 1g

Protein: 1g

Hand-Size Portion Guide

Palms of Protein: 0

Fists of Vegetables: 0

Cupped Hands of Carbs: 0

Thumbs of fat: 0