

School Made PIZZA SAUCE

Category: Ingredient

Ingredients:

- 1 #10/105 fl oz Can Tomatoes, canned, crushed
- 1 tbsp Oil, vegetable
- 1/2 c Onions, finely chopped
- 1 tbsp Basil, dried, crushed
- 1 tbsp Oregano
- 1 tbsp Garlic, granulated
- 1/4 c Tomato paste, no salt added
- 2 tbsp Sugar
- 3/4 c Water

No crediting due to limited portion size

Nutrients Per Serving – 3/4 cup

Calories 115	Chol 0 mg
Protein 3.41 g	Sodium 280.22 mg
Carb 22.06 mg	Calcium 5.27 mg
Total Fat .89 g	Iron 3.53 mg
Sat Fat .14 g	Vit A 999.28 IU
Dietary Fiber 3.44 g	Vit C 19.8 mg

School Made PIZZA SAUCE



1. Prepare school made pizza sauce at least one day in advance. Note: Prepared pizza sauce may be substituted for school made.
2. Saute onions on low heat; stir often until softened.
3. Add basil, oregano and garlic and allow flavors to disperse into the oil.
4. Add tomato paste and mix well for two minutes.
5. Add crushed tomatoes, salt, sugar and water.
6. Simmer on low heat ~30 minutes.

CCP: Cook to a minimum internal temperature of 135°F.

7. Cool to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within additional 4 hours. Note: Freezes well.

CCP: Hold at 41°F or below for up to 7 days.



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