

## Easy Homemade Tomato Sauce

- Olive oil cooking spray
  - Olive oil
  - 1 28-oz can of crushed tomatoes (low sodium is best)
  - 1 chopped medium onion
  - 1 chopped medium bell pepper
  - 1 small can mushrooms (stems & tops) drained
  - 1 teaspoon crushed garlic
  - ½ teaspoon italian herbs
  - Fresh basil
  - Kosher salt & pepper to taste
1. Heat frying pan on medium heat until water sizzles when thrown in.
  2. Spray pan with olive oil cooking spray.
  3. Drizzle olive oil in pan and spread out evenly.
  4. Sauté onions until translucent.
  5. Add garlic, mix with onions.
  6. Add chopped bell pepper and sauté until fully cooked.
  7. Add mushrooms.
  8. Add crushed tomatoes and stir to combine all ingredients. Cook until tomatoes are thoroughly heated through.
  9. Sprinkle with italian herbs, fresh basil, kosher salt, and pepper to taste.

**TIMESAVING TIP:** This tomato sauce freezes well. The recipe can be doubled or tripled and the extra sauce can be frozen in a freezer & microwave safe container and quickly reheated in the microwave. No defrosting necessary!

## **Turkey Meatballs – makes approximately 12 meatballs**

- Olive oil cooking spray
  - 1 one + pound ground turkey breast (white meat only)
  - 1 chopped medium onion
  - 1 egg
  - ¼ cup quick cooking (1 minute) oatmeal
  - 1 can no salt tomato paste
  - Crushed garlic
  - ½ teaspoon italian herbs
  - Kosher salt & pepper to taste
1. Heat frying pan on medium heat until water sizzles when thrown in.
  2. Spray pan with olive oil spray.
  3. Drizzle olive oil in pan and spread out evenly.
  4. Saute onions until translucent.
  5. Add approximately 1 teaspoon garlic, mix with onions until fragrant.
  6. Let onions cool.
  7. Combine the ground turkey breast, egg, ¼ cup oatmeal, tomato paste, italian herbs, and cooled onions.
  8. If the mixture is too wet to form into balls or too sticky, add a bit more oatmeal.
  9. Shape into meatballs.
  10. Line a cookie sheet with heavy-duty tin foil.
  11. Spray cookie sheet with olive oil spray.
  12. Place meatballs on cookie sheet.
  13. Bake at 350 degrees for 25 – 30 minutes depending on the size of the meatballs.
  14. The best way to test whether the meatballs are done is to break one open and taste.

**TIMESAVING TIP:** These meatballs freeze well. The recipe can be doubled or tripled and the extra meatballs can be individually frozen in a single layer in freezer bags. When you want a quick, tasty meal, remove the number of meatballs needed from the freezer and reheated in the microwave. No defrosting necessary!