

This is a really rich and delicious Keto Pizza Tomato Sauce and you only need 2 Tbsp per pizza. It's quick and easy to make. I always make sure I have a batch just in case the grandchildren arrive unexpectedly.

Servings - 32

Prep Time - 10 Mins | Cook Time - 13 Mins | Total Time - 23 Mins

Difficulty - Easy



Cuisine - Italian

RECIPE

KETO PIZZA TOMATO SAUCE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Wooden Spoon](#)

[Medium Sharp Knife](#)

[Non Stick Medium Saucepan](#)

[Clip Top Glass Jar](#)

INGREDIENTS

450 g Tomatoes, skinned seeded and chopped

[2 Tbsp Tomato Paste](#)

1/8 Cup chopped Basil leaves

[1 Tsp Italian Herbs](#)

[1 Tbsp Virgin Olive Oil](#)

1/2 Medium Onion, finely chopped

[1/2 Tsp Onion Powder](#)

[1/2 Tsp Ground Garlic Powder](#)

[1/4 Tsp Himalayan Salt \(Ground\)](#)

METHOD

Place the tomatoes in a large bowl and put them in the microwave at medium heat for 3 Minutes. Remove and peel off the skin, de-seed and press out the excess water.

Place the olive oil on a low heat in a medium saucepan and add the onions until translucent. Stir in the other ingredients and the tomatoes and simmer for 10 minutes.

SERVING SUGGESTIONS

Great for pizza and can be used as a base for tomato sauces for dishes such as lasagne.

STORAGE

You can freeze the leftover sauce in small bags in portions.

NUTRITION FACTS

Per serving : 32 g | Calories 18 | Protein 0.4 g | Fat 0.9 g | Carbs 1 g | Fiber 0.2 g
Net Carbs : 0.8 g

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