

## **Sweet Pepper Tomato Sauce**

- 3 medium onions, chopped
- 3 cloves of garlic, minced
- 4 peppers (1 green, 1 yellow, 1 orange and 1 red), diced
- olive oil (about 3 tbsp)
- 2 cans of tomato sauce, 680 ml/23 oz each
- 2 cans of whole tomatoes, 796 ml/27 oz each
- 1 T sugar (optional)
- Sea salt and freshly ground black pepper to taste

Sauté the onions, garlic and peppers in the olive oil until done. Add the sauce and tomatoes, breaking up the whole tomatoes. (I use scissors for this and do it right in the pot). Depending on how thick you like the sauce, remove some or all of the liquid from the tomatoes. You can always add it back if necessary.

Season with sugar (if using), salt and pepper. Simmer for a while. You're done.

This recipe yields about 14 cups of sauce so you will probably want to freeze some. The total calorie count is about 100 calories per cup.