

Pizza Sauce

A thick tomato-based pizza sauce flavored with an abundance of herbs and spices.



Ingredients

- 1 cup crushed tomatoes
- 3 Tbsp tomato paste
- 1 Tbsp Italian seasoning
- 2 tsp oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp red pepper flakes
- ¼ tsp black pepper
- 1 tsp maple syrup (optional)
- salt to taste (optional)

Instructions

1. In a bowl, mix the crushed tomatoes and tomato paste well.
2. Stir together all of the remaining ingredients.

Notes

I do not normally add any sweetener (maple syrup) or salt. But if you aren't used to eating a low salt or low sugar diet, you may prefer to add it in. It's personal preference.

This recipe makes enough pizza sauce for 2-3 pizzas, depending on how big your pizza is and how much sauce you are using. Typically, you'll want 1/3 to ½ cup pizza sauce on a regular sized pizza.