



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"



### NUTRITION PER SERVING:

<b>CALORIES</b>	31
<b>PROTEIN</b>	1 G
<b>CARBOHYDRATE</b>	4 G
<b>TOTAL FAT</b>	1 G

**PREP TIME:** 5 MINUTES

**COOK TIME:** 15 MINUTES  
(ADD 15 MINUTES IF MAKING  
HOMEMADE ROASTED RED PEPPERS)

**YIELD:** 12 SERVINGS

**SERVING SIZE:** ½ C SAUCE

**2 TSP** OLIVE OIL

**1 TSP** GARLIC, CHOPPED (ABOUT 1 CLOVE)

**1 JAR** (12 OZ) ROASTED RED PEPPERS,  
DRAINED AND DICED (OR SUBSTITUTE  
FRESH ROASTED RED PEPPERS; SEE TIP)

**2 CANS** (14½ OZ EACH) NO-SALT-ADDED  
DICED TOMATOES

**1 CANS** (5½ OZ) LOW-SODIUM TOMATO  
JUICE

**1 TBSP** FRESH BASIL, RINSED, DRIED, AND  
CHOPPED (OR 1 TSP DRIED)

**¼ TSP** GROUND BLACK PEPPER

## SUPER QUICK CHUNKY TOMATO SAUCE

MAKE BATCHES OF THIS TASTY SAUCE TO GO WITH A  
NUMBER OF RECIPES IN THIS COOKBOOK

- 01** In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
- 02** Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
- 03** Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters.)
- 04** Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.



Older children can chop the roasted red peppers and help cook the sauce. For a delicious change, try making fresh roasted red peppers.

