



Nutrition Facts	
Per serving	
Calories 80	%DV*
Fat 2g	3%
Saturated 1.5g	8%
+ Trans 0g	
Carbohydrates 12g	
Fibre 1g	4%
Sugars 5g	5%
Protein 2g	
Cholesterol 5mg	
Sodium 270mg	12%
Potassium 383mg	8%
Calcium 62mg	4%
Iron 1mg	6%

*5% or less is a little, 15% or more is a lot
White mushrooms used in analysis

Creamy Tomato Sauce

This creamy tomato sauce uses a roux as its base. A roux helps prevent curdling as starch stabilizes the cream. The tomatoes thicken the sauce. How does the roux counter the acid in the tomatoes?

Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 6 servings

Ingredients

- 1 tbsp (15 ml) butter
- 1 cup (250 ml) finely chopped onion
- 1 cup (250 ml) thinly sliced mushrooms
- 2 tbsp (25 ml) all-purpose flour
- 14 oz (796 ml) low sodium diced tomatoes, with juice
- 2 tbsp (25 ml) light sour cream
- Salt and pepper to taste

Instructions

1. Melt butter in a large frying pan over medium high heat. Add onion and cook for about 5 minutes or until softened.
2. Add mushrooms and cook for about 3 minutes or until softened.
3. Stir in flour and cook for 1 minute.
4. Stir in tomatoes, salt and pepper. Reduce heat to medium low. Simmer for about 5 minutes or until slightly thickened. Stir in sour cream.

Adapted from Alberta Milk Creamy Tomato Sauce

Tips

- To prevent sauce from separating, keep heat on low once all ingredients are added.
- Look for low-sodium or no salt added canned tomatoes in the grocery store.