

Tomato Sauce vs Tomato Paste (vsdiff.com)

| Product | Tomato Sauce | Tomato Paste |
|-----------------------|--|--|
| Typical water content | High (approx. 80–90%) | Low (approx. 20–30%) |
| Concentration | Lightly concentrated | Highly concentrated |
| Common culinary role | Base for <i>soups, sauces, stews</i> | Flavor/colour booster and thickener |
| Typical pantry format | Carton/jar/can | Tube/can/jar |
| Unopened shelf life | Approx. 6–18 months depending on packaging | Approx. 12–36 months (concentrated, less perishable) |
| Opened fridge life | ~5–7 days (refrigerated) | ~5–10 days (refrigerated) |

Source: <https://vsdiff.com/tomato-sauce-vs-tomato-paste/>