



Summer Fresh Tomato Sauce

Great for adding to any pasta dish, and using as a base for other sauces. Can be cooled and stored in the refrigerator or freezer for later use. Prep Time: 15 mins. Cook Time: 45 mins.

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Oil, Olive/Canola	59.2ml
1 each	Onion, Medium	1 each
4 cloves	Garlic, minced	4 cloves
1 each	Red Pepper, Medium, chopped	1 each
1 each	Carrot, grated	1 each
1 1/2 lbs	Roma Tomatoes, diced	679.2g
1 tsp	Tomato Paste	5.46g
2 Tbsp	Italian Seasoning	15.6g
1 Tbsp	Basil, dried	2.1g
30 oz	Whole Peeled Tomatoes, canned	849g
1 cup	Water	236.6ml
To Taste	Ground Black Pepper	To Taste

Key Equipment Needed: Blender, food processor, or immersion blender

Preparation:

1. Gather all ingredients and equipment.
2. Heat a large saucepan or pot over medium to high heat for about 1 minute and then add the oil.
3. Add the onions to the pot and sauté until translucent about 5 minutes then add the garlic and allow to sauté for another minute.
4. Add the red pepper, carrots, tomatoes, tomato paste, Italian seasoning and dried basil to the saucepan and allow it to cook for another 5 minutes. Stir frequently. the sauce to come to a boil then lower the heat and cover with foil and allow to simmer for 45 minutes. Stir occasionally.
6. Season the sauce with pepper.
7. In a blender, blend the sauce until smooth.
8. The tomato sauce can be used immediately or cooled and stored in the

* * **Nutrition Facts on Reverse**

Serving size **2 oz. (47g)**
Servings **20**

Calories 48
Calories from Fat 25

Total Fat 3 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 2 g
Cholesterol 0 mg
Sodium 102 mg
Carbohydrates 4 g
Dietary Fiber 1 g
Sugars 2 g
Protein 1 g

Vitamin A 21 %
Calcium 2 %
Vitamin C 19 %
Iron 2 %
Phosphorus 0 mg
