



Tomato Coulis

Serve with baked chicken, barley pilaf and ratatouille

| <u>U.S.</u> | | <u>Metric</u> |
|---------------|----------------------------|---------------|
| 2 tsp | Olive oil | 10 mL |
| 1/2 medium | Yellow onion, diced small | 55g |
| 1/2 cup | Leeks, washed, diced small | 57 g |
| 1 tsp | Red pepper flakes | 0.5 g |
| 2 each | Garlic cloves, minced | 6 g |
| 2 tbsp | Tomato paste | 30 g |
| 1 (15 oz) can | Tomatoes, crushed | 424 g |
| 1/2 cup | Water | 119 mL |
| 1 tsp | Thyme, fresh | 1 g |
| 1/2 cup | Basil, fresh | 30 g |
| 1/2 tsp | Salt | 2.5 g |
| 1/2 tsp | Black pepper | 2.5 g |

Preparation:

1. Gather all ingredients and equipment.
2. Place a large pan on the stove over medium-high heat and add the olive oil.
3. Add the onion and leeks, sauté for 3-5 minutes or until the onions start to become translucent. Add the red pepper and garlic, sauté for an additional minute.
4. Add the tomato paste and cook until the color begins to deepen, about 3-4 minutes. Add the crushed tomatoes and water; simmer on low for 1 hour.
5. Carefully transfer the liquid to a blender, add the remaining ingredients and blend until smooth. Serve!

Nutrition Facts

| | |
|---------------------|-------------|
| Serving size | 36 g |
| Servings | 20 |
| Calories | 20 |
| Calories from Fat | 5 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 0.5 g |
| Cholesterol | 0 mg |
| Sodium | 90 mg |
| Carbohydrates | 3 g |
| Dietary Fiber | 1 g |
| Sugars | 1 g |
| Protein | 1 g |
| Vitamin A | 2 % |
| Calcium | 6 % |
| Vitamin C | 2 % |
| Iron | 2 % |
| Phosphorus | 11 mg |
