HOMEMADE TOMATO SAUCE

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 8 servings

Ingredients:
2 tablespoons olive oil
3 medium onions, diced
8 cloves of fresh garlic (or more to taste), minced
5 pounds of fresh tomatoes, peeled and seeded
⅓ cup fresh basil leaves, finely chopped
1 sprig of fresh oregano (or 1 teaspoon dried oregano)
1 sprig of fresh thyme leaves (or ½ teaspoon dried)
2 bay leaves
2 sprigs of parsley (or 1 teaspoon dried)
1 teaspoon sea salt

Method of Preparation:

1. Heat oil into a large stockpot over medium heat.
2. Add diced onions and garlic. Sauté for 6-8 minutes, or until onions are translucent and tender.
3. Add tomatoes, chopped basil leaves, oregano, thyme, bay leaves, parsley and sea salt.
4. Simmer on low heat for 2-3 hours, or until cooked down and starting to darken.
5. Remove sprigs of herbs and bay leaves.
6. Optional: Use an immersion blender to puree sauce until smooth (for a thicker sauce, skip this step).

Chef's Note: To peel tomatoes, cut a small "x" on the top and drop in to boiling water for 10 seconds and drop in to an ice bath. Skin will easily peel off.

Nutritional Analysis:
Calories: 120
Carbohydrates: 19 g
Sodium: 260 mg
Protein: 4 g
Fat: 4 g
Fiber: 5 g

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