

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

www.aspireperspirenourish.com

Garden Fresh Tomato Sauce

Roma or plum tomatoes have fewer seeds and are generally denser than other types of tomatoes, which makes them ideal for sauce

A food mill is a fairly inexpensive kitchen tools that removes the seeds and skins from the tomatoes

If you don't have a food mill, then use a hand blender or food processor. Using these tools makes the sauce a little more rustic tasting and changes the color a bit, but still makes a very tasty sauce.

Makes 8 cups

Ingredients:

3 tbsp Olive oil

1 large Onion (can be any type you like), cut into chunks

5 pounds Roma tomatoes, ripe, cored, stems and any blemishes removed and cut into chunks

Seasonings to taste such as salt, pepper, hot peppers, fresh or dried herbs, etc.

Directions:

1. Saute onion in olive oil until lightly browned.
2. Add chunks of tomatoes.
3. Cook, stirring frequently for about 30 minutes on medium heat (this breaks down the tomatoes and allows the juices to thicken a little).
4. Remove from heat and using a food mill, process the cooked tomatoes. Alternatively, use a hand blender or food processor to make the sauce.
5. Add seasoning to taste.
6. Sauce can be used right away, placed in fridge for up to 5 days or frozen.