



TOMATO SAUCE RECIPE

Serves 6



- 1 medium onion - minced
- 1 carrot - minced
- 1 clove of garlic - thinly sliced
- 2 tablespoons of fresh basil - chopped
- 4 tablespoons of olive oil
- 2 cans of diced tomatoes (14 oz cans)
- 1 tablespoon of tomato paste
- 1 teaspoon of granulated sugar
- 1/3 cup of dry red wine (or white wine) - optional

In a medium saucepan heat the olive oil over very low heat.

Add the minced garlic and stir over a very low heat for about a minute.

Add the diced carrots, onions and fresh basil. (Or instead of the basil, you could use thyme and oregano or marjoram or a good pinch of dried mixed herbs)

Cook over a low heat, stirring frequently, for 5-7 minutes until the vegetables have softened and are lightly colored.

Add the canned tomatoes, tomato paste and the sugar and give it a good stir, then add the wine if you are using it.

Bring the pot to a boil, stirring regularly, and then lower the heat to a gentle simmer.

Cook the sauce uncovered for about 45 minutes, stirring occasionally.

Add some salt and pepper to taste, and enjoy!

Adapted From: Jon Sacker