



Italian Tomato Sauce

Servings: 4-5 Cups

Prep Time: 15min

Cook Time: 30min

Ingredients

- ¼ c olive oil
- 1 medium white onion, diced
- 5 cloves garlic, minced
- 780g canned tomatoes, diced or tomato sauce
- 170g Tomato paste
- 1-2Tbsp black pepper
- 1tsp any/all: rosemary, sage, thyme, other herbs
- ¼ c grated parmesan cheese (optional)

Directions

1. Heat the olive oil over medium heat and saute the onion for 5min. When it starts becoming translucent, add the garlic and saute another 5min
2. Turn up the heat to high and add the tomatoes/tomato sauce and tomato paste. Stir well to incorporate the paste
3. Add the optional sugar, then bring to a boil. Lower heat, add the herbs and pepper, cover, and let simmer for at least 15min., stirring occasionally. (be careful of splashing boiling sauce when lifting the lid)
4. Lower heat, stir in optional cheese, and simmer for another 5min or so. Taste and adjust seasonings. If the sauce is too thick, you can add some water
5. Notes: Sugar can be tricky, try and counteract the tomatoes sourness by adding just enough sugar without making it too sweet. Bear in mind that the sugar gets stronger as the sauce cooks, therefore start with just 1tsp of sugar and add as needed. The longer you cook this sauce, the thicker, richer and sweet it will be (if using sugar)