

Have Fun With Fresh Tomatoes!



Fresh Tomato Pasta Sauce

Serves: 24 | Serving Size: 1/2 cup

Ingredients:

4 pounds fresh, ripe tomatoes, with their cores and stems removed
1 onion, diced
1 green pepper, seeded and diced
4 cloves garlic, peeled
1/2 cup of fresh basil leaves, rinsed

Seasonings to taste: garlic powder, salt, pepper, and/or dried oregano

Directions:

Place the tomatoes, onions, peppers, and garlic in a single layer in 2 large roasting pans. Arrange the oven racks to hold the pans about 6 inches away from the heating element and broil until everything is very brown, roughly 10-15 minutes.

Remove from the oven and puree the vegetables in a food processor or blender until fine. Add the basil & seasonings & blend again.

Put the mixture into a saucepan and bring to a boil. Serve hot, over pasta, or roasted vegetables.

Nutrition Information:

Serves 24. Each 1/2 cup serving has 18 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 53 mg sodium, 4 g carbohydrate, 1 g fiber, 3 g sugar, and 1 g protein.

Each serving also contains 16% DV vitamin A, 28% DV vitamin C, 1% DV calcium, and 0% DV iron.

Chef's Tips:

This sauce offers a great way to use a large quantity of fresh tomatoes from your garden or the market.

To freeze, scoop single portions of the sauce into freezer-safe bags and freeze. Reheat and use as necessary.

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