Heirloom Tomato Sauce Recipe

Yield: 1/2 gallon sauce

Ingredients
5 large heirloom tomatoes (or 10 small, red tomatoes), cored and cut in large chunks
1 large onion, cut in large chunks
4 cloves garlic, roughly chopped
2 Tablespoons olive oil
1 6-oz can tomato paste
¼ cup fresh basil leaves chopped
1 Tablespoon fresh oregano leaves chopped
1 teaspoon freshly ground black pepper
½ teaspoon red pepper flakes (more or less, depending on how spicy you like it)
½ teaspoon fennel seeds
Salt to taste

Instructions for Adults
• Assist with stovetop cooking for safety.
• Assist children with the immersion blender.

Instructions for Kids
• Cut tomatoes, onion, and garlic and place them in a large stockpot. Drizzle with olive oil.
• Bring pot to a boil, stirring occasionally to prevent food from sticking to the bottom of the pot and overbrowning. Cook at a boil for 5-8 minutes. When the onions begin to soften and turn translucent, reduce the heat to a low simmer for 20 minutes. Then, turn off the heat.
• Remove the stockpot from the stovetop. Add the tomato paste and remaining ingredients to the stock pot. Use an immersion blender to blend until smooth.
• Allow sauce to cool to room temperature. Pour into a large storage container or jars and place in the refrigerator. This will keep for 1 to 2 weeks. Use it right away on pizza, pasta, lasagna, or even as tomato soup! You can also store it in the freezer for up to a year.

Find more recipes at: www.foodliteracycenter.org