

## RECIPE: HOW TO MAKE A TOMATO BASED SAUCE

*A basic tomato sauce is the best skill to have in the kitchen. We can use so many forms of tomatoes, then add as many or as few veggies as we want. This sauce also freezes well, so you'll always be ready for a quick meal.*

### TOOLS

- Large saucepan or pasta pot with lid
- Can opener
- Cutting board
- Box/Cheese grater, if you plan to grate your carrots

### INGREDIENTS

- 2 tablespoons oil (+ a little extra if needed) - Olive oil, extra virgin olive oil, vegetable oil, canola oil, will all work
- 1/2 medium onion, finely chopped - or 1 small onion
- 1/2 carrot, finely chopped or grated
- 1-2 rib/stalk of celery, including the green tops, finely chopped
- 1/2 teaspoon dried basil or 2 tablespoons chopped fresh basil
- 1 clove garlic, minced (you can also use 1/2 teaspoon garlic powder)
- 1 teaspoon tomato paste
- 1 large can of tomatoes - can use whole tomatoes, crushed tomatoes
- 1 teaspoon granulated white sugar
- salt and pepper to taste

# DIRECTIONS

## PREP OUR VEGGIES

1. Chop our veggies
2. Open our tomatoes and if they're whole, put them into a bowl and using your hands or a potato masher, squish them until they're a nice puree.

## LET'S MAKE SAUCE

1. Heat oil in a large wide skillet over medium heat.
2. Add the chopped onion, carrot, and celery, then reduce the heat to medium low and let cook for about 8-10 minutes, until everything is softened.
3. Let's add our spices - our basil and our garlic and continue to cook for about 30 more seconds, stirring the whole time so the garlic doesn't burn.
4. Add the tomato paste and stir to combine. You can add a little pepper now, but hold off on the salt until we add the tomatoes.
5. Let's now add our can of tomatoes and stir everything together.
6. Add a teaspoon or two of granulated white sugar and continue to cook uncovered for a few more minutes.
7. Then, let's add a cover and continue to cook for another 15-30 minutes, tasting often, stirring, adjusting seasoning (salt, pepper, etc).
8. Serve! This also freezes beautifully. Enjoy!