

Tomato Sauce

Serves: 2-4

Time to make: 20 minutes – 1 hour

- 1 tbsp. olive oil
- 1 clove garlic, minced
- ½ medium onion, minced (optional)
- 1 14-ounce can diced or crushed tomatoes
- 1 tbsp. tomato paste (optional)
- Salt, pepper, other seasonings to taste

Heat the oil over medium-low. Sauté the garlic and onion until golden. You can add other aromatics at this point, like mushrooms, carrots, celery, peppers or chiles, if you like.

Add the tomatoes. I strongly recommend organic canned tomatoes — they taste tons better because there is less salt and other additives, and the tomatoes they started from were better to begin with.

If you want a thicker sauce, stir in tomato paste.

Season — an Italian dried herb mix comes in handy right about now.

Raise the heat to medium and simmer until it starts to look “saucy,” about 10 minutes (long enough to cook the pasta) or up to 45 minutes, if you so choose. Taste the sauce frequently while it’s cooking. If it tastes too acidic, stir in a little sugar. Leave it chunky or puree if you want and serve over pasta.

Pasta

Cook to the directions found on the package