

Heirloom Tomato Sauce Recipe



Yield: 1/ 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.

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