DietCloud – Recipe

Recipe Name: Tomato Basil Pasta And Pizza Sauce Recipe

Diet Type:

Course: Vegetarian

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Blanched tomatoes • 2 tablespoons Extra Virgin Olive Oil • 4 cloves Garlic - finely chopped • 1 Onion - finely chopped • Basil leaves - a few sprigs roughly torn • Salt - to taste • Whole Black Peppercorns - coarsely pounded • 2 teaspoons Sugar	2

Preparation

• To begin making the Tomato Basil Pasta and Pizza Sauce Recipe, first boil the tomatoes with required water in a saucepan.
• Once you see the tomato skin peeling, switch off the heat.
• saucWhen the skins has peeled you know the tomatoes are ready.
• Peel the skin off the tomatoes, remove the core of the tomato and roughly chop them.
• Do keep all the juices the tomatoes release, this will add body to the tomato sauce.
• Keep the chopped tomatoes aside.
• In a large saucepan, heat the olive oil over medium heat.
• Add the chopped garlic and onions.
• Stir for a few seconds until it begins to sizzle in the oil and the onions soften.
• At this stage, add in the chopped tomatoes and the roughly chopped basil leaves, some salt, sugar, black pepper corns and stir to combine well.
• We will now use a hand blender to coarsely puree the ingredients together to get a saucy texture.
• Cover the pan with the lid slightly ajar and simmer the mixture for 20 to 30 minutes until the sauce is thick.
• Keeping the lid slightly ajar helps to thicken the sauce by evaporating the excess water.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)