



## Fresh Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



12 kcal

SAUCE

## Ingredients

- ☐ 10 basil leaves
- ☐ 2 cloves garlic
- ☐ 3 tablespoons olive oil
- ☐ 1 tsp salt
- ☐ 2 pounds tomatoes very ripe

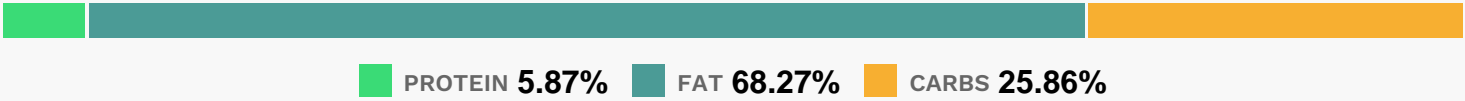
## Equipment

- ☐ frying pan

# Directions

- ☐ Core and halve tomatoes.
- ☐ Remove seeds (either scoop them out with a spoon or hold a half in your hand and squeeze out the seeds) and cut tomatoes into 1/2-in. dice. Set aside.
- ☐ Thinly slice garlic. In a 10- to 12-in. frying pan over low heat, cook garlic in olive oil until it is soft and fragrant, about 5 minutes.
- ☐ Add tomatoes and 1 tsp. salt and increase heat to medium-high. Cook until tomatoes give off their liquid and start to bubble. Reduce heat to medium-low or low, so the sauce gently simmers. Cook, uncovered and undisturbed, until oil separates from the sauce and most of the liquid has evaporated, about 30 minutes.
- ☐ Meanwhile, chop basil. When sauce is done, stir in basil and add salt to taste.
- ☐ Variations
- ☐ Butter it up: Use unsalted butter in place of the olive oil and a chopped medium onion in place of the garlic.
- ☐ Explore the herb patch: Try 1/2 to 1 tsp. minced fresh oregano, marjoram, rosemary, or thyme instead of the basil.
- ☐ Add some heat: Toss in 2 or 3 dried whole arbol chiles with the garlic for a slightly spicy version.
- ☐ Remove chiles before serving.
- ☐ Pick more produce: At the beginning of step 3, add one skinned and chopped medium eggplant and cook until soft, about 10 minutes, before adding the tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.88826087756973%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 12.1kcal (0.6%), Fat: 0.97g (1.5%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 52.73mg (2.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin A: 172.63IU (3.45%), Vitamin C: 2.82mg (3.42%), Vitamin K: 2.53µg (2.41%), Vitamin E: 0.24mg (1.63%), Potassium: 48.6mg (1.39%), Manganese: 0.03mg (1.32%)