



Quick Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



217 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons garlic infused olive oil
- ☐ 1 jalapeno
- ☐ 0.3 cup oil-packed tomatoes dried drained chopped
- ☐ 1 tablespoon oregano leaves fresh finely chopped
- ☐ 3 servings salt and pepper black freshly ground

- ☐ 1 onion yellow finely chopped

Equipment

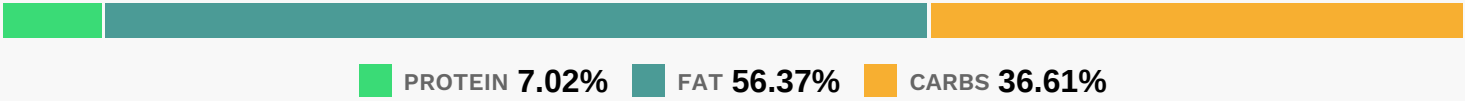
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Open the can of tomatoes and pour off the juice into a bowl. Use the lid to press against the tomatoes to extract as much juice as possible. Then use your hand to squeeze the tomatoes to a pulp. Reserve the juice and pulp separately and set the empty can aside.
- ☐ Heat the olive oil in a heavy saucepan over medium-high heat until hot. If using the jalapeno, tilt the pan to collect the oil in a little pool against the side and drop the jalapeno into the oil. Cook until light brown, about 2 minutes.
- ☐ Remove the jalapeno and reserve.
- ☐ Add the onion to the pan and cook, stirring occasionally, until soft, about 2 minutes.
- ☐ Add the garlic and cook briefly until light gold.
- ☐ Add the bay leaf.
- ☐ Add the tomato juice and bring to a boil. Simmer rapidly for several minutes.
- ☐ Add the crushed tomato pulp. Then rinse the remaining pulp out of the can by filling it halfway with water and add that to the pan.
- ☐ Add the jalapeno, and salt and pepper, to taste, and return to a boil.
- ☐ Add the dried tomatoes and stir. Lower the heat to medium and simmer, stirring occasionally to prevent scorching, until the mixture thickens and the tomatoes have turned an orange-red versus the pale blue-red they were straight from the can, about 30 minutes.
- ☐ Add the oregano halfway through the cooking.
- ☐ Discard the bay leaf. Peel, seed, and mash the jalapeno with a spoonful of the sauce and pass at the table so diners can add as much heat as they like to their plates.
- ☐ Variation for quick tomato sauce: Substitute 2 pounds vine-ripened tomatoes for the canned tomatoes. Peel the tomatoes, cut in half crosswise, and squeeze out the juice and seeds over

a sieve suspended over a bowl to collect the juice. Chop the tomatoes. Proceed as directed, omitting the dried tomatoes and using jalapeno, if desired. You should have about 2 1/4 cups sauce. The recipe may be increased proportionately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:15.351739137069%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 14.76g (22.71%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 16.24g (5.9%), Sugar: 11.59g (12.87%), Cholesterol: 0mg (0%), Sodium: 390.97mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin C: 37.35mg (45.27%), Vitamin K: 31.62µg (30.12%), Vitamin E: 4.3mg (28.65%), Manganese: 0.57mg (28.54%), Potassium: 910.48mg (26.01%), Iron: 4.26mg (23.69%), Vitamin B6: 0.44mg (21.98%), Fiber: 5.33g (21.34%), Copper: 0.35mg (17.47%), Vitamin B3: 2.91mg (14.57%), Magnesium: 56.67mg (14.17%), Calcium: 133.68mg (13.37%), Vitamin B1: 0.19mg (12.97%), Vitamin B2: 0.22mg (12.69%), Phosphorus: 101.53mg (10.15%), Folate: 39.79µg (9.95%), Vitamin A: 473.99IU (9.48%), Vitamin B5: 0.6mg (5.96%), Zinc: 0.7mg (4.67%), Selenium: 1.43µg (2.04%)