

Fresh Tomato Sauce

Makes: 6 servings

Fresh vegetables are cooked with herbs to create a flavorful and savory sauce for pasta, and other dishes, too!

Ingredients

- 8 tomatoes (ripe)
- 1 **tablespoon** vegetable oil
- 1/2 **cup** onion (chopped)
- 1/2 **cup** green pepper (chopped)
- 1/4 **cup** carrot (thinly sliced, or shredded)
- 1/2 **teaspoon** oregano (dried)
- 1 **teaspoon** dried basil (dried)
- 2 **teaspoons** garlic (minced or 1/2 teaspoon garlic powder)
- pepper (to taste)
- 6 **cups** pasta (cooked)
- 6 **tablespoons** Parmesan cheese (grated)

Directions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Connecticut Food Policy Council, Farm Fresh Summer Recipes

Nutrition Information

Nutrients	Amount
Calories	295
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	4 mg
Sodium	88 mg
Total Carbohydrate	51 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 IU
Calcium	91 mg
Iron	2 mg
Potassium	422 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
 Grains	2 ounces
 Dairy	1/4 cup