

RECIPE OF THE WEEK

FEATURING: *RIPE TOMATOES!*

CROCK POT TOMATO SAUCE

FROM THEBALANCE.COM

Ingredients

4 lbs. tomatoes (over-ripe work well)
2 cloves garlic
1/2 of a large onion, chopped
1/2 tsp. oregano
1/2 tsp. basil
1 1/2 tsp. sugar
1/2 tsp. salt
1/2 tsp. pepper

Instructions

Toss all the ingredients into the crock pot (the tomatoes can go in whole). Cover and cook on low for several hours, stirring occasionally.

Once the tomatoes have broken down some, uncover and continue cooking until you reach the desired consistency (expect it to take at least eight hours). The cook time will depend on how much water is in the tomatoes.

For chunky tomato sauce, pick the tomato skins and cores out of the sauce as it cooks. For smooth tomato sauce, run the finished sauce through a food mill. If you don't have a food mill, scoop the tomato cores out; then, give the sauce a quick spin in a blender or food processor.

Pour the finished tomato sauce into jars, taking care not to fill past the headspace line.

To Freeze Your Sauce

Allow the sauce to cool. Then, transfer it to freezer-safe jars or bags, and place them in the freezer.

Use the sauce within one year, for the best quality. Thaw it in the fridge overnight, or speed up the process by thawing it in the microwave.

Tips:

For the best flavor, caramelize the onions and garlic in a bit of olive oil, or water sauté on the stove before you add them to the crockpot.

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Brenda Johnson MD (brendajohnsonmd.com)