



## Tuscan Style Tomato Sauce/Salsa di Pomodoro alla Toscana:

*Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.*

*Canada's Food Guide recommends one quarter of your plate to be made up of food from the grains group.*

Yield: 750mL  
Preparation Time: About 1 hour

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"><li>• 1 medium onion, finely chopped</li><li>• 1 medium carrot, chopped</li><li>• ½ stalk celery, chopped</li><li>• 1 small garlic clove, rasped or pressed through a garlic press</li> <li>• 2 Tbsp (30mL) olive oil</li> <li>• 1x 794g (28oz) can tomatoes</li><li>• 125mL (1/2 cup) water, vegetable or chicken stock</li><li>• Pinch red pepper flakes</li><li>• Pinch salt</li> <li>• 1 Tbsp (15mL) ripped fresh herbs (basil, oregano, parsley) (optional)</li><li>• Grated Parmesan cheese, to garnish</li></ul>	<ul style="list-style-type: none"><li>• Medium-sized pot or Dutch oven</li><li>• Sharp knife</li><li>• Cutting board</li><li>• Vegetable peeler</li><li>• Medium-sized bowl</li><li>• Microplane or garlic press</li><li>• Can opener</li><li>• measuring cups and spoons</li><li>• wooden spoon</li></ul>

### Method:

1. Cut the **onion** in half and peel off the papery skin. Holding on to the root end, slice into thin strips. Slice each strip into thin strips, giving you small cubes of onion. Place in a medium-sized bowl.
2. Peel the **carrot** then cut in half lengthwise. With the flat side of the carrot on the cutting board, cut the carrot into half lengthwise. Cut the strips into small cubes of carrot. Add to the bowl.
3. Cut the **celery** lengthwise into 2 long thin strips then cut into small cubes. Add to the bowl.
4. Peel the **garlic** then rasp with a microplane or press through a garlic press. Add to the bowl.
5. Place the pot on the stovetop and turn on to a medium heat. Add the **olive oil** and let heat up for a minute.

6. Add the **onion, carrot, celery and garlic** to the pot and cook, stirring occasionally with a wooden spoon until the vegetables are tender, about 10 minutes.
7. Add the can of **tomatoes, water or stock**, pinch of **pepper flakes** and a pinch of **salt**. Stir, breaking up the tomatoes with the wooden spoon. Turn up the heat to medium-high and bring to a simmer, stirring occasionally.
8. Once at a simmer, turn the heat down to low and cover the pot. Simmer for about 30 minutes, stirring occasionally until thickened. Remove the lid after about 15 minutes.
9. Tear the **herbs** into the pot and stir.

Tasty Tip:

- Can be made ahead and stored in the fridge for up to 3 days.
- The sauce freezes well to have on hand for a quick meal.
- If you prefer, this sauce can also be pureed using a hand-held blender, blender or a food processor. Wait until cool before processing.
- This can be used on pasta, baked potatoes or as a pizza sauce.
- To cook whole grain pasta fill a large pot  $\frac{3}{4}$  of cold water. Bring to a boil over high heat. Add a big pinch of salt. Add whole grain pasta and give it a swish with a wooden spoon. Cook until “al dente”, or “to the tooth”. It should be soft but not mushy. Drain in a strainer in the sink.