



## *Authentic Homemade Italian Tomato Sauce*



### **Ingredients:**

- ½ cup extra virgin olive oil
- 7 cloves garlic, minced
- ½ cup onion, chopped or ½ large onion
- 1 45 oz canned tomato sauce not tomato puree
- 2 TBLS fresh parsley or 1 ½ tsp dried parsley
- ¼ tsp black pepper or to taste
- Salt to taste

### **Method:**

1. In a large Dutch oven, add oil, minced garlic, and chopped onion. Stir and cook on med/high heat for 3-4 minutes, or until the onion is translucent.
2. Slowly add tomato sauce, and stir to combine with the oil, garlic, and onion.
3. Add the parsley and pepper. If you choose to add salt, it is best to add it at the END of the cooking time so you can judge if it is to your liking as is. The canned tomatoes have a good bit of salt already.
4. Bring sauce to a boil, cover and cook on low heat for 2.5 hours. Stir to the bottom of the pot every 15 minutes to avoid sticking and burning. Using a heat diffuser works well.

### **How to Freeze homemade Spaghetti Sauce:**

- Let the sauce cool to warm, not hot temperature.
- Using a ladle, add the sauce to plastic containers that have tight-fitting lids.
- If the sauce is still warm, allow it to cool in the containers.
- Label the containers with "Spaghetti Sauce" and date, and put the containers in the freezer.
- Freeze up to 6 months for freshness but can be frozen up to one year safely.