

## \* Tomato Sauce from Scratch (or not) \*

## Ingredients

15 whole tomatoes, or 2 cans whole peeled tomatoes
2 cans tomato paste
1 onion
basil & oregano

4 cloves garlic

salt & pepper to taste

1 lb hot italian sausage

1 lb mild italian sausage

2 cups mushrooms

1 green pepper

## Details

- 1. If using canned tomatoes, skip to step 6! If not, bring a large pot of water to a boil. While waiting, cut a small X in the bottom of each tomato (only piercing the skin).
- 2. Place the tomatoes in the boiling water for 10-20 seconds, then place into an ice water bath for a minute or two. The skin should peel right off. If not, drop back into the boiling water for a few seconds.
- 3. Seed Tomatoes. Cut tomatoes in half and squeeze/scoop out seeds over a strainer that is over a bowl (to catch the juice).
- 4. Use fingers to scoop out seeds from sections of tomato.
- 5. Once the tomatoes are peeled and seeded, set aside. They can be frozen if you don't want to make sauce right away.
- 6. Chop onion, and other veggies.
- 7. In a deep frying pan or pot, brown italian sausage and cook onions
- 8. Add tomatoes, using fingers to break apart large pieces. Add tomato paste and some tomato juice.
- 9. For "simple" sauce, simmer for 30-45 minutes adding olive oil, garlic & basil at the end.
- 10. For "super" sauce, add mushrooms, green pepper, garlic and any other veggies. Let veggies soften as sauce simmers for 30-45 minutes. Stir occasionally.
- 11. Add spices close to meal time. Add more tomato juice if sauce thickens too much.

Yields about 4 cups of sauce

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