



Niki's Homemade Tomato & Red Pepper Sauce Recipe

Prep 15 mins Cooking Time 30 mins

Ingredients

1kg (32oz) ripe roma tomatoes, roughly chopped

2 tbs extra virgin olive oil

1 medium red onion, diced

4 garlic cloves, crushed

1 tbs raw caster sugar

1 tbs balsamic vinegar

12 fresh basil leaves

salt and pepper

2 large red peppers (capsicum), cut into quarters and deseeded

extra virgin olive oil to lightly brush peppers

Method

In a large saucepan, heat the oil (medium heat) and add the garlic and onion. Cook for a couple of minutes or until they are soft. Add the tomatoes, sugar, vinegar, and basil leaves combining all the ingredients well. Stir until the tomatoes have released their juices and then reduce heat to low, simmering the sauce for about 30 minutes. (Prepare the peppers now, see instructions below.) When the sauce is cooked and has reduced you can add salt and pepper to taste if you wish. The sauce is then added to the blender containing the peppers and blended until the sauce is smooth. The sauce is now ready to use, refrigerate for up to 3 days or freeze for up to 3 months.

Firstly brush the red peppers skin side up with oil and place on a baking tray.

Cook under a preheated grill for about 10 to 15 minutes or until the skin becomes blackened. Now place the peppers in a plastic bag, seal and allow to cool. Remove peppers from bag, with your fingers peel off the blackened skin and place peppers in the blender ready for the tomatoes. This can be done whilst the sauce is cooking to save time.

Tips

This sauce can be used as a base for your bolognese, meatballs, pasta dishes, pizza and is so much healthier than tinned tomatoes.

Nutritional Note

Tomatoes are low in fat, calories, sodium and they are cholesterol free. They are a great source of vitamin A, vitamin C, antioxidants and lycopene.