

Spaghetti Sauce



Ingredients

- 1 tbsp. olive oil
- ½ cup of peeled, diced carrots
- 1 cup onion, diced
- 1-2 clove garlic, minced
- 1 qt. diced tomatoes
- 1 cup tomato juice
- ¼ tsp. dried oregano or Italian herbs.
- ½ tsp. ground black pepper
- 1 tsp. kosher salt
- 2-3 fresh basil leaves

Optional

- Add ½# cooked ground beef, veal, pork or chicken to make meat sauce

Directions

1. Heat the oil in the bottom of a 4-quart non-reactive sauce pan over medium heat.
2. Add the carrots, onions, and garlic. Stir and sauté until vegetables are tender.
3. Add tomatoes and juice. Add the oregano, salt, and pepper.
4. Cook slowly while stirring occasionally. Simmer for approximately 30-45 minutes.
5. When the flavor is strong and the sauce has reduced, and thickened slightly, remove the herbs and puree the sauce with either a food mill or use a potato masher to make a thick sauce.
6. Add in fresh basil leaves.
7. If making meat sauce, stir in cooked ground meat.

Yields 2-3 cups

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