

Louisiana HARVEST of the MONTH

Fresh Roasted Tomato Sauce

Home Recipe

Serves: 14
Prep Time: 10 minutes
Cook Time: 2 hrs 20 mins

Ingredients

- ¼ cup of olive oil
- 2 Tbsp of red wine vinegar
- 1 tsp of dried oregano
- ½ tsp salt
- Freshly cracked pepper
- 5 Tbsp butter, roughly chopped
- 7 garlic cloves
- 5 pound tomatoes
- 1 tsp dry basil
- 1 tsp dry oregano
- 1 tsp black pepper
- 1/2 tsp salt

Nutrients Per ½ Cup Serving

- **Calories** 60
- **Total Fat** 3.5 g
- **Saturated Fat** 2.5 g
- **Cholesterol** 10 mg
- **Sodium** 55 mg
- **Carbohydrates** 6 g
- **Dietary Fiber** 1 g
- **Protein** 1 g
- **Calcium** 25 mg
- **Iron** 1 mg
- **Potassium** 378 mg
- **Vitamin D** 0 mcg

Cooking Instructions

- 1) Spread tomatoes, butter and garlic out on a large rimmed baking sheet. Season with herbs, salt and pepper.
- 2) Roast them at 350 degrees for 2 hours.
- 3) Allow to cool, remove some of the skins and blend on high in food processor until smooth, about 5 minutes.
- 4) Taste to adjust the seasoning and serve with pasta.



For More Information
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