

FRESH BC TOMATO SAUCE



INGREDIENTS

Olive Oil	60 ml
BC Tomatoes, peeled, seeded and diced	2 L
Medium Onions, diced small	2
Stalks of BC Celery, diced small	2
Medium BC Carrots, diced small	2
Garlic, minced	15 ml
Dried or Fresh Oregano	30ml/60ml
Cayenne Pepper	15 ml
BC Tomatoes, peeled and seeded	2 L
Crushed Tomato	250 ml
Bunch BC Flat Leaf Parsley, minced	1
Salt and Pepper to taste	

DIRECTIONS

1. Over medium-high heat add oil in a sauce pan and sautee onion, celery and carrots until onions are translucent.
2. Add garlic, oregano and cayenne and sautee 2 minutes more. Be sure not to burn garlic.
3. Add diced and crushed tomato and simmer for 20 minutes.
4. Adjust seasoning with salt and pepper.
5. Add parsley just before serving.