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| **NESSE'S TOMATO SAUCE**  |  |  |  |  |  |  |  |  |
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| **To Prep it** |  |  |  |  |  |  |  |  |  |
| You’ll need:1 tbsp olive oil |  |  |  |  |  |  |  |  |  |
| 4 - 5 garlic cloves, minced |  |  |  |  |  |  |  |  |
| 1 onion, finely diced  |  |  |  |  |  |  |  |  |
| 2 carrots finely diced  |  |  |  |  |  |  |  |  |
| 2 celery sticks finely diced |  |  |  |  |  |  |  |  |
| 750g fresh cherry or plum tomatoes gently blended in food processor |  |  |  |  |  |
| 2 tins organic, sugar-free, chopped tomatoes (you can add these in with fresh tomatoes in FP) |  |  |  |  |
| 9 dry, sun dried tomatoes (NOT in oil; from the herbs section), finely chopped |  |  |  |  |  |
| 500g chestnut mushrooms finely chopped or sliced, as preferred) |  |  |  |  |  |
| very low salt vegetable stock 1 cup |  |  |  |  |  |  |  |
| organic tomato paste |  |  |  |  |  |  |  |  |
| 1/2 glass red wine (drinkable!) |  |  |  |  |  |  |  |  |
| Italian seasoning (mixed dried herbs)  |  |  |  |  |  |  |  |
| fresh rosemary |  |  |  |  |  |  |  |  |  |
| bay leaves (2 - 3) |  |  |  |  |  |  |  |  |
| sea salt |  |  |  |  |  |  |  |  |  |
| black pepper |  |  |  |  |  |  |  |  |  |
| red pepper flakes (optional) |  |  |  |  |  |  |  |  |
| nutritional yeast (optional)  |  |  |  |  |  |  |  |  |
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| **To Make It** |  |  |  |  |  |  |  |  |  |
| Preheat oven to 180 degrees (350 F) |  |  |  |  |  |  |  |
| Heat oil in medium pot |  |  |  |  |  |  |  |  |
| Add garlic, onion, rosemary, and Italian seasoning, sautéing 1 - 2 minutes, till onion begins to soften |  |  |  |
| Add carrot and celery, stirring until softened (3 - 4 minutes) |  |  |  |  |  |  |
| Add mushrooms and cook until reduced (2 mins) |  |  |  |  |  |  |
| Add sun dried tomatoes and stir a further one minute (adding a splash of stock to remove any caramelised veg and allow the tomatoes to mix in) |  |
| Add 1/2 glass red wine and allow alcohol to cook off (about 1-2 mins) |  |  |  |  |  |
| Add fresh and tinned tomatoes, and remaining veg stock, stirring constantly |  |  |  |  |  |
| Bring to gentle boil, then add bay leaves and red pepper flakes (if using) and reduce to simmer. |  |  |  |  |
| Leave to simmer for 15 - 12 minutes and check for desired thickness (if you like thicker sauce, add some more tomato paste… to thin, add more stock) |  |
| While sauce simmers, decide what to put it on! If you’ve got lots of cals to spear, throw it on top of some fresh pasta. If you’re a bit low on cals, heal a spoonful or two over some grilled portobello mushrooms. YUM. |
| Serve sauce over grilled portobello mushrooms for 155 calorie meal. Or, if serving over pasta, add approx. 350 - 400 calories  |  |  |  |  |  |  |  |  |
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| **Serves: 4** |  |  |  |  |  |  |  |  |  |
| Cals (sauce ONLY): 155 | Protein: 8g | Fat: 4g | Carbs: 23 |  |  |  |  |  |  |