

Simple Homemade Tomato Sauce JOYOUS HEALTH

Recipe by Walker Jordan from Joyous Health

Ingredients:

- Organic Tomatoes (roma or field tomatoes)*

Instructions:

1. Halve tomatoes and place on baking sheet.
2. Bake for 30-40min at 350 or until skins are easily removed.
3. Place tomatoes (including skins and seeds) into the blender and blend until smooth.

Notes:

After you have the base prepared, simply season to your liking. One of my favourites is to saute garlic, add the sauce, top with fresh basil and voila! You may wish to reduce the finished sauce for a more dense consistency, but I didn't find the need to do so. *You may use 2 dozen tomatoes but you can't really go wrong. The more you roast, the more sauce you have!