

Salsa di Pomodoro Senza Olio (Oil-Free Tomato Sauce)

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Prepare the Ingredients

- ½ medium onion, sliced thin into half moons
- 2-3 garlic cloves, minced or thinly sliced
- 1 cup of grape tomatoes, quartered (with skin on)
- ¼ cup of low-sodium vegetable stock
- One 24-ounce jar of Passata (available in canned tomato aisle)
- Fresh herb combo, a few sprigs of each (basil, Italian parsley, thyme, etc)*
- Black pepper to taste
- Miso to taste (optional)
- 2 tablespoons of golden raisins (optional)

Heat a large sauté pan on a medium flame/heat. Use the mercury water-ball test, and begin the recipe when the pan is properly heated.

Step 2: Cook the Sauce

Add onions, and sauté until they begin to caramelize. Quickly add the garlic, and stir using a wooden spoon. Just before the garlic begins to turn a very light brown, add the grape tomatoes, stir for about one minute.

Deglaze using the vegetable stock. Stir, and reduce heat.

Add passata and herbs, raisins, and cover pan. Allow to simmer on a low flame for about 20-30 minutes, stirring occasionally.

Optional: Blend the sauce to your desired consistency using an immersion blender or countertop blender.

Step 3: Serving Suggestions & Ingredient Information

Plate your finished dish, add nutritional yeast and/or freshly grated lemon zest. Garnish with fresh parsley or basil.

Delicious with pasta, zoodles, tofu and anything you like— to add zest and color to a dish!

HERB UPDATE: 1 tablespoon of FRESH herb=3 teaspoons of dried herb

WHAT IS PASSATA? Passata is a type of tomato purée made from ripe, skinned, and sieved tomatoes, commonly used in Italian cooking. It's smooth and uncooked, making it a versatile base for sauces, soups, and stews. Its texture is smooth and pourable, thicker than tomato juice but thinner than paste. Passata has a fresh, bright tomato taste with no added herbs or spices (unless specified). It is bottled in 24-ounce glass bottles.

Why Golden Raisins? They're used as a natural sweetener to add depth of flavor and balance the acidity of the tomatoes. And, golden, because they have more eye appeal.