

# Classic Heirloom Tomato Sauce with Fresh Basil

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lydia-s-italian-chicken-tomato-sauce-basil-recipe>

## Ingredients:

- 3 pounds heirloom tomatoes very ripe red or yellow meaty, – peeled and seeded, seeds strained and juices reserved, about 3/4 cup
- 1/2 cup extra virgin olive oil see cook's note 2
- 6 large garlic cloves – skinned and finely sliced
- 1 bunch basil 3 oz, 85 g – leaves removed from stems and torn in 1" pieces
- 1 teaspoon sea salt to taste
- ground black pepper freshly, to taste
- 1 teaspoon aged balsamic vinegar preferably 20 to 25 years old

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 31 grams
3. Fat: 54 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 8 grams
7. Sodium: 1220 milligrams
8. Sugar: 21 grams

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