

Italian Tomato Pasta Sauce

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/canning-pasta-sauce-roma-italian-peppers-onion-recipe>

Ingredients:

- 1 1/4 tomatoes good quality, red, ripened de-seeded and chopped.
- 10 garlic cloves finely chopped
- 2 bay leaves
- 2 teaspoons cayenne pepper
- 1 teaspoon red chili flakes
- 2 onions small to medium finely chopped
- 3/4 cup tomato puree I have used my home made puree
- 1 handful fresh basil leaves roughly torn
- 2 1/2 teaspoons dried oregano
- 2 tablespoons fresh parsley chopped, optional
- 15 milliliters balsamic vinegar
- 2 teaspoons brown sugar
- 5 tablespoons olive oil
- 3 tablespoons butter
- salt
- pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 25 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 8 grams
8. Sodium: 450 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Italian Tomato Pasta Sauce above. You can see more 18 canning pasta sauce roma italian peppers onion recipe Elevate your taste buds! to get more great cooking ideas.