

## Homemade Tomato Sauce Recipe

Cook tomatoes on low temperature with a good quality olive oil. It's the best way to enhance your body's ability to absorb the rich source of plant compounds. These compounds are called luteins. They have excellent health benefits for your eyes, heart and prostate.

This is a pure, simple and convenient recipe. Use good quality canned and strained tomatoes. For that authentic, home-made Italian flavour, less is more! Making a double batch and freezing is recommended.

### Ingredients:

1 28 oz/796 ml can low sodium San Marzano plum tomatoes, pureed  
1 680ml bottle strained San Marzano plum tomatoes  
¼ cup/60ml tomato paste  
4-5 cloves fresh minced garlic  
4 tbsp/60ml extra virgin Olive oil  
1 tbsp/15ml dried oregano or 1/3 cup/75ml chopped fresh  
2 tbsp/30ml dried basil or ½ cup/125ml chopped fresh  
½ tsp/2ml freshly ground black pepper  
¼ tsp/1 ml sea salt

### Method:

1. Place all ingredients in large pot or cast iron pan. If using fresh herbs, do not add until last 5 minutes of simmer.
2. Bring to gentle boil. Immediately reduce heat and simmer on very low for 20-30 minutes.
3. Freezes well.