



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

## Homemade Pasta Sauce

4 Cups of Sauce

Boil a pot of water and add tomatoes for 10-30 sec. Rinse tomatoes in cold water and peel.

### INGREDIENTS

- 4 pounds tomatoes
- 1/4 cup olive oil
- Small onion
- 2 to 3 small cloves of garlic
- 1/2 medium carrot
- 1/2 stalk of celery
- 1/2 teaspoon salt plus more

Cut each tomato into quarters. Squeeze the seeds out over a strainer over a bowl to save the juice. Coarsely chop the tomatoes.

Finely chop the celery, carrots, onion, and garlic.

Heat the olive oil in a large pot over medium heat. Cook the onions, celery, garlic, and onion for about 10 minutes. Add the tomatoes and simmer for 45 minutes. Enjoy with whole wheat pasta or save for later!

**Too many tomatoes? Make your own sauce and freeze it for times when your budget is extra tight.**

**Tomatoes are a heart healthy food!**



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