

Tomato Sauce - Sandy d'Amato's

Sanford D'Amato
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8 ounces Italian sausage links
1/4 cup olive oil
1 large Spanish onion, small dice
4 large cloves garlic, chopped fine
1 tablespoon kosher salt
2 teaspoons ground black pepper
2 bay leaves
2 sprigs thyme
1 ounce basil , chopped
1/2 bunch parsley stems, chopped fine
1/2 cup Italian tomato paste
56 ounces tomato sauce

Per Serving (excluding unknown items): 229
Calories; 16g Fat (60.0% calories from fat); 7g
Protein; 17g Carbohydrate; 3g Dietary Fiber; 22mg
Cholesterol; 2114mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 3 Fat.

Servings: 8

Oven @ 350° F. Heat oil in heavy-bottomed pot and brown sausages. Remove sausages and set aside.

Add onions to pan and sauté until lightly browned. Add garlic and seasonings and sauté 1 minute, then add tomato paste and sauté 2 minutes, stirring. Add tomatoes, stir and bring to a boil. Add reserved sausages, cover and simmer in oven for 30 minutes.

Remove bay leaf and thyme. Remove sausages and save for another use. Adjust seasonings of sauce and cool.

Note: If using canned tomatoes, look for imported San Marzano tomatoes, then puree in a food processor until fine. Or cook up about 8 pounds of romas for 30 to 40 minutes. No herbs or seasonings.