



Tomato Basil Sauce

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Prep/Cook time: 25-30 minutes

Makes: 2 large serving

Ingredients:

3 Servings Kaslo Sourdough Amaranth Pasta
1 garlic clove
1 medium onion, chopped
1 can (798ml) organic diced tomatoes
2 tbsp. tomato paste
1 tbsp. dried oregano
1 bunch of fresh basil or ½ cup chopped
1 tbsp. Coconut oil
Parmesan Cheese

Method:

1. In a sauce pan melt coconut oil add chopped onion, sauté until translucent
2. Once onions are translucent, add minced garlic, diced tomatoes, tomato paste, dried oregano, salt and pepper.
3. Cook for 10-15 minutes and mash tomatoes slightly with a potato masher.
4. Boil water with salt and cook Kaslo Sourdough Pasta till desired firmness (5-8 minutes)
5. Add chopped basil during the last 2 minutes of cooking the sauce and remove from heat.
6. Combine tomato sauce with pasta, top with parmesan cheese.

Serve and Enjoy!