

Tomato Sauce Recipes



Ingredients

- 1 onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp cayenne
- Salt and pepper to taste
- 1 quart tomato sauce (or 4 cups)
- 4-6 large eggs
- Fresh cilantro or parsley for garnish

Shakshuka

1. **Sauté Vegetables:** Heat a skillet over medium & add a drizzle of olive oil. Sauté the diced onion and bell pepper until softened, about 5–7 minutes.
2. **Add Garlic and Spices:** Stir in the minced garlic, cumin, paprika, cayenne, salt, and pepper. Cook for about 1 minute until fragrant.
3. **Simmer Sauce:** Pour in the tomato sauce and stir. Bring to a simmer and let it cook for 5–7 minutes.
4. **Add Eggs:** Make small wells in the sauce and crack an egg into each. Cover with a lid and cook until the eggs reach your desired doneness (5–8 minutes).
5. **Serve:** Sprinkle with fresh cilantro or parsley. Serve warm with crusty bread or pita for dipping.



Ingredients

- 1 lb ground beef or turkey
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup cooked rice
- 1 quart tomato sauce, divided (or 4 cups)
- Salt, pepper, and Italian seasoning to taste
- 4 large bell peppers, halved lengthwise and seeds removed
- 1 cup shredded cheese

Stuffed Peppers

1. Preheat oven to 375°F (190°C).
2. **Cook filling:** In a skillet, cook ground meat and onions until browned & fully cooked. Add garlic in the last minute. Add rice, 1 cup tomato sauce, salt, pepper, and Italian seasoning. Stir until combined.
3. **Stuff the peppers:** Place the pepper halves in a baking dish, cut side up. Stuff the mixture into each pepper half.
4. **Top:** Pour the remaining tomato sauce on top and around the peppers.
5. **Bake:** Cover with foil and bake for 30 minutes. Uncover the dish and top the peppers with cheese. Bake for an additional 10–15 minutes until the cheese is melted and bubbly.

Tomato Sauce Recipes



Ingredients

- 2 Tbls olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 1 carrot, finely chopped
- 2 cloves garlic, minced
- 1 quart (or 4 cups) tomato sauce
- 2 cans (15 oz) chickpeas, drained & rinsed
- 1 tsp smoked paprika
- Salt and pepper to taste
- 2 cups spinach
- Parmesan garnish optional

Braised Chickpeas

1. **Sauté:** In a large skillet, heat olive oil over medium heat. Sauté onions, bell peppers, and carrots until softened. Add garlic in the last minute.
2. **Blend:** Pour the tomato sauce into a blender along with the sauteed vegetables. Blend until smooth, adding a little water if needed to adjust consistency.
3. **Simmer:** Return the blended sauce to a pot over medium heat. Stir in chickpeas, smoked paprika, salt, and pepper. Simmer for 15-20 minutes.
4. **Finish:** Stir in spinach and cook for an additional 5 minutes, until wilted. Top with Parmesan is using.



Ingredients

- 1 small onion, diced
- 1 clove garlic, minced
- 1 Tbsp chili powder
- 1 tsp paprika
- 1 tsp cumin
- 1 pint (or 2 cups) tomato sauce
- 1 cup vegetable or chicken broth
- 1 tsp apple cider vinegar
- Salt to taste

Homemade Enchilada Sauce

1. **Sauté:** In a saucepan over medium heat, sauté the onion in a small amount of oil until softened. Add the garlic, chili powder, paprika, and cumin, and sauté for another 30 seconds to toast the spices.
2. **Add sauce:** Stir in the tomato sauce, broth, apple cider vinegar, and salt. Mix well.
3. **Simmer:** Simmer the sauce for 10 minutes, stirring occasionally, until it thickens slightly.
4. **Blend:** Allow to cool, then blend until smooth (if desired) and adjust seasoning to taste.
5. Use as a base for enchiladas, a topping for tacos, or as a marinade.

Tomato Sauce Recipes



Ingredients

- 1/2 onion, diced
- 1/2 bell pepper, diced
- 1 cup long-grain rice
- 1 pint (or 2 cups) tomato sauce
- 1 cup broth (chicken or vegetable)
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp cumin
- Salt and pepper to taste
- Fresh cilantro garnish optional

Spanish-Style Rice

1. **Sautè:** In a medium saucepan, heat a drizzle of oil over medium heat. Add the onion and bell pepper and sautè until softened, about 3–5 minutes.
2. **Toast Rice:** Add the rice to the saucepan and cook, stirring frequently, for 2 minutes to lightly toast it.
3. **Combine Ingredients:** Stir in the tomato sauce, broth, garlic powder, paprika, cumin salt, and pepper. Mix well.
4. **Cook Rice:** Bring it to a boil then reduce the heat to low. Cover the pan and simmer for about 18–20 minutes, or until the rice is tender and the liquid is absorbed.
5. **Fluff and Serve:** Remove the saucepan from heat and let it sit, covered, for 5 minutes. Fluff before serving. Garnish with fresh cilantro, if desired.



Ingredients

- 2 Tbls olive oil
- 1 onion, diced
- 1 cup Arborio rice
- 1 pint (or 2 cups) tomato sauce
- 3 cups chicken or vegetable broth, warmed
- 1/2 cup Parmesan cheese, grated
- Salt and pepper to taste
- Fresh herbs (basil or parsley)

Tomato Risotto

1. **Sautè:** In a large pot, heat olive oil over medium. Add onion and sautè until soft.
2. **Toast the Rice:** Stir in the rice, coating it in the oil. Cook for 1–2 minutes, stirring frequently, until the rice is slightly toasted.
3. **Add Tomato Sauce:** Pour in the tomato sauce and stir until combined.
4. **Cook the Risotto:** Gradually add the warmed broth, one ladleful at a time, stirring frequently. Allow each addition to be mostly absorbed before adding the next. Continue until the rice is tender and creamy, about 18–20 minutes.
5. **Finish:** Stir in the grated Parmesan cheese, season with salt and pepper to taste & top with fresh herbs.

Tomato Sauce Recipes



Ingredients

- 2 tbsp butter or ghee
- 1 onion, finely diced
- 2 cloves garlic, minced
- 1-inch of ginger, minced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp paprika
- 1/2 tsp ground cinnamon
- 1 tsp garam masala
- 1/2 tsp cayenne (optional for heat)
- 1 pint (or 2 cups) tomato sauce
- 1/2 cup heavy cream, coconut milk, or plain yogurt
- 1/2 cup chicken or vegetable broth (optional, for thinning)
- 1 tsp sugar (optional, to balance acidity)
- Salt and pepper, to taste
- Fresh cilantro for garnish (optional)

Tikka Masala Sauce

1. **Sauté:** In a large skillet, heat the butter or ghee over medium heat. Add the onions and sauté until soft and golden, about 5 minutes. Stir in the garlic and ginger and cook for another minute.
2. **Toast Spices:** Add cumin, coriander, turmeric, paprika, cinnamon, garam masala, and cayenne (if using). Stir the spices into the onion mixture and cook for 1–2 minutes, until fragrant.
3. **Add Tomato Sauce:** Stir in the tomato sauce, mixing well to incorporate the spices. Simmer the sauce for 5–7 minutes, allowing the flavors to meld and the sauce to thicken slightly.
4. **Add Creaminess:** Stir in the cream, coconut milk, or yogurt. If the sauce is too thick, add the broth to achieve your desired consistency. Simmer for another 5 minutes.
5. **Season:** Taste the sauce and adjust with sugar, salt, and pepper as needed.
6. **Serve:** Garnish with fresh cilantro, if desired. Serve the sauce over cooked chicken, paneer, or vegetables, or as a base for your favorite Tikka Masala dish.

Ingredients

- 1 onion, diced
- 2 ribs of celery, diced
- 1 large carrot, diced
- 2 cloves garlic, minced
- 2 tsp dried basil
- 1 quart (or 4 cups) tomato sauce
- 2 cups broth
- 1/2 cup heavy cream, coconut milk or additional broth
- Salt and pepper to taste
- Fresh basil, chopped

Tomato Basil Soup

1. **Sauté Vegetables:** In a pot over medium heat, sauté the onion, celery, and carrot in a bit of oil until softened, about 5 minutes. Add the garlic and dried basil during the last minute.
2. **Simmer:** Stir in the tomato sauce, broth, salt, and pepper. Bring to a simmer and cook for 10 minutes.
3. **Blend (Optional):** For a smoother texture, use an immersion blender or carefully blend the soup in a blender.
4. **Add Creaminess:** Stir in the cream, coconut milk, or additional broth. Simmer for another 5 minutes.
5. **Serve:** Top with fresh basil and serve warm.

Tomato Sauce Recipes



Ingredients

- 2 eggplants, sliced to 1/2 thick
- olive oil
- 1 container (15 oz) ricotta cheese
- 1/2 cup parmesan, grated
- 1 egg
- 10 oz frozen chopped spinach, thawed & drained
- 1 quart (or 4 cups) tomato sauce
- 1 tsp each, dried basil, onion powder & garlic powder
- Salt and pepper to taste
- 1 cup shredded mozzarella

Eggplant Lasagna

1. **Preheat Oven:** Preheat to 375° F (190° C).
2. **Bake Eggplant:** Lay eggplant slices on a baking sheet. Brush both sides lightly with olive oil and season with salt. Bake for 15–20 minutes, flipping halfway through.
3. **Prepare Ricotta:** In a bowl, combine ricotta, Parmesan, egg, spinach, dried basil, onion powder, garlic powder, salt, and pepper.
4. **Layer:**
 - Spread a thin layer of tomato sauce on the bottom of a 9x13-inch baking dish.
 - Arrange half of the eggplant slices in a single layer over the sauce.
 - Spread half of the ricotta mixture over the eggplant, then add a thin layer of tomato sauce.
 - Repeat with the remaining eggplant slices, ricotta mixture, and tomato sauce.
 - Top with shredded mozzarella cheese.
5. **Bake:** Bake uncovered for 20–25 minutes, or until the cheese is golden and bubbly.
6. **Serve:** Let cool for 5–10 minutes before slicing.

Ingredients

- 1 lb ground meat
- 1 onion, diced
- 2 cloves garlic, minced
- 1 quart tomato sauce
- 1 quart diced tomatoes
- 1 can beans, drained & rinsed
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 2 tsp cayenne
- 1 tsp smoked paprika
- 1 tsp celery seeds
- 1 tsp ground fennel
- Pinch of cinnamon
- Optional: half can of beer

Chili

1. **Sauté:** In a large pot, brown the ground meat over medium heat. Add the onions and cook until softened. Add garlic in the last minute and stir until fragrant.
2. **Stir:** Stir in the tomato sauce, diced tomatoes, beans, cumin, chili powder, cayenne, smoked paprika, celery seeds, fennel, cinnamon, and beer (if using). Mix well to combine.
3. **Simmer:** Bring the chili to a gentle boil, then reduce the heat to low. Cover and simmer for at least 30 minutes, stirring occasionally, to allow the flavors to meld.
4. **Serve:** Taste and adjust seasoning as needed. Serve hot with your favorite toppings, such as shredded cheese, sour cream, or green onions.