

“BOLOGNESE” STYLE TOMATO SAUCE

Presented by Kikkoman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 cup		2 cups	
Mushrooms, whole, raw	14 oz.		28 oz.		1. In a mixing bowl, combine 1/4 cup oil and mushrooms. Toss to coat mushrooms with oil. Transfer to a baking sheet and bake in a 400degree oven for 20 minutes. Remove mushrooms from oven and cool. Chop or grind mushrooms. Set aside.
Onions, diced	4 oz.		8 oz.		2. Heat remaining oil in a large sauce pot. Add onions and garlic. Cook and stir for 5 minutes until soft.
Garlic, minced	4 oz.	1/3 cup	8 oz.	2/3 cup	
Basil, dried		1/3 cup		2/3 cup	3. Add remaining ingredients. Blend ingredients to desired consistency with an immersion blender. Bring sauce to a boil, turn heat to low and simmer for 15 minutes. Cool according to accepted cooling standards.
Tomatoes, canned, diced	72 oz.		144 oz.		
Kikkoman Rice Vinegar, unseasoned	4 oz.	½ cup	8 oz.	1 cup	
Brown sugar	2 oz.	¼ cup	4 oz.	½ cups	
Kikkoman Soymilk, plain	16 oz.	2 cups	32 oz.	4 cups	
Sea salt		1 Tbsp.		4 Tbsp.	
Kikkoman Citrus Seasoned Ponzu		2 Tbsp.		4 Tbsp.	

Recipe Notes:

One serving provides $\frac{1}{4}$ cup red/ orange vegetable

Nutrition Information (per $\frac{1}{2}$ cup serving)

Calories: 105/Protein: 2 g/Carbohydrate: 4 g/Fiber: 2 g

Saturated fat: 1 g/Cholesterol: 0 mg/Sodium: 235 mg