

RED SAUCE

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Olive, salad, or cooking oil		1 Tbsp. + 1/4 tsp.	1. Wash and process all vegetables. 2. Heat steam jacketed kettle. Add onions, carrots, celery, and zucchini. Sauté for 15 to 20 minutes and then add garlic. Cook until vegetables are very tender.
Onions, raw, chopped	1 lb.		3. Add salt, pepper, and herbs, and continue to cook in order to sweat spices and herbs.
Carrots, raw, shredded	1 lb.		CCP: Heat to 165°F or higher for at least 15 seconds 4. Add the tomato paste and stir well. Simmer for 10 minutes to blend the flavors. 5. Add diced tomatoes, heat to 165°F and record temperature. Puree with an immersion blender until smooth. 6. Add tomato sauce and continue to blend smooth. 7. Add the ice to steam kettle and stir well to speed the cooling process. 8. Record initial temperature of prepared sauce and transfer pans to labeled speed rack and roll into blast chiller. Cool completely. CCP: Cool to 41° F or lower within 4 hours. CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours. CCP: Refrigerate until served.
Celery, raw, chopped	1 lb.		
Summer squash, zucchini, raw, sliced	1 lb.		
Garlic, raw, chopped	4 oz.		
Salt		1 Tbsp. + 1/4 tsp.	
Ground black pepper		1 5/8 tsp.	
Oregano leaves, dried,		1 Tbsp. + 1/4 tsp.	
Basil leaves, dried		1 Tbsp. + 1/4 tsp.	
Tomato paste, canned, without salt added		1/8 #10 can	
Tomatoes, canned,		1 #10 can,	

diced		un-drained	
Tomato sauce, canned		1 #10 can	
Ice		1 gal.	

Recipe Notes:

Yield: 2 gallons (approximately 128 - 2 ounce servings)

Nutrition Information (per serving, ¼ cup)

Calories: 45/Protein: 2 g/Carbohydrate: 9 g/Fiber: 2 g

Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 355 mg/Potassium: 335 mg