

SIMPLE ROASTED TOMATO SAUCE

Serving: 1/4 cup

Vegetable

This is the real McCoy, a flavorful sauce made early in the school year, when tomatoes are ripe, abundant, and inexpensive late in the season. The recipe comes from whirlwind Tammy Jervas, Food Service Director for Richmond Consolidated Schools, who freezes pre-measured portions for later use. Use this on pasta or anywhere you would use a canned sauce. What an improvement!

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Tomato	20 lbs	40 lbs	<ol style="list-style-type: none"> 1. Core tomatoes with a tomato corer or knife and remove any bruised or brown spots. 2. Place in a parchment-covered roasting pan, top up. 3. Drizzle the tops with oil and sugar. 4. Roast until the tomatoes are soft enough to break up. <div style="margin-left: 40px;"> Convection oven: 400°F about 35-45 minutes Conventional over: 450°F about 40-50 minutes </div> 5. Break up with a spoon, add garlic, then roast until partly blackened, about 15 minutes. 6. Return to oven and continue to roast an additional 15 minutes. (Partly blackened tomatoes will make a tasty sauce.) <div style="margin-left: 40px;"> CCP: Heat to 140°F or higher. </div> 7. Cool slightly and blend until smooth in a food processor. 8. Season with salt, to taste, if you wish. 9. Serve hot as you would any tomato sauce: with pasta, in Chicken Parmesan or soups, stews, etc. 10. CCP: Hold for hot service at 140°F or higher.
Oil, preferably olive	1 cup	2 cups	
Sugar	1/4 cup	1/2 cup	
*Garlic, whole cloves	About 20 cloves	About 40 cloves	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

• **Garlic:** *For an alternative to fresh garlic, use whole peeled cloves. To use fresh garlic, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel.*

NUTRITIONAL ANALYSIS PER SERVING			
Calories	71	Vitamin A (IU)	212
Cholesterol (Mg)	0	Vitamin C (Mg)	16.7
Sodium (Mg)	233	Protein (G)	1.53
Fiber (G)	1.66	Carbohydrate (G)	7.49
Iron (Mg)	1.8	Total Fat (G)	4.56
Calcium (Mg)	58.46	Saturated Fat (G)	0.62