

Veggie 'Scrapyard' Sauce

Wondering what to do with all those end-of-season veggies shriveling on your counter/fridge?
Make Veggie Scrapyard Sauce; use it throughout the winter when fresh veggies are just a memory...

Basic Red Sauce

2 large onions, peeled and diced

2 Tbsp olive oil

5-6 minced garlic cloves

2 Tbsp dried herbs (total); e.g. mix basil, oregano, rosemary, thyme, other..

1/2 cup red wine or water

12 cups peeled fresh ripe tomatoes (seed them if desired)*

salt and pepper to taste

*A quick way to peel tomatoes – place in the sink (with drain plug in place) and cover (to their tops) with boiling water. Let sit for 3-5 minutes. Drain. Tomatoes will slip out of their skins! Core and quarter each tomato. You can choose to scrap the seeds out or leave them in; personal taste.

In a large stock pot, sauté onions in olive oil; add herbs and garlic. Add the wine or water. Cook for another 5 minutes. Add tomatoes and their juice and stir to combine. Bring to a simmer and cook on low, stirring occasionally, for about 2 hours. Add salt and pepper to taste. Hint: dried herbs tend to hold their flavor longer than fresh herbs when slow cooking. If using fresh herbs, add at the end of the cooking process before serving.

Scrapyard:

Dice, chop, peel, pulverize, or slice any of the following veggies into your Basic Red Sauce: zucchini, eggplant, kale, carrots, celery, potatoes, squash, mushrooms, beets, corn, green beans, . . . let your counter/fridge be your guide. Leave your sauce chunky or use a blender.

Serve immediately or freeze for the winter. Great over pasta, chicken, soup, meat, and veggies!



Nutritional Information

Yields about 2.5 quarts

Nutrition Facts	
Serving Size: 1 serving	
Amount Per Serving	
Calories	42
Total Fat	1.6g
Saturated Fat	0.2g
Trans Fat	0g
Cholesterol	0mg
Sodium	7mg
Carbohydrate	5.9g
Dietary Fiber	1.6g
Sugars	3.4g
Protein	1.1g
Alcohol	0.5g
Vitamin A 18%	Vitamin C 25%
Calcium 2%	Iron 2%