

Tomato Sauce for Eggplant Parmesan

(From America's Test Kitchen)

We like this recipe for eggplant parmesan because the sauce is simple and doesn't overpower the delicate flavor of the eggplant. We used Beefsteak tomatoes, but any tomatoes will do I imagine



Tomato Sauce

5 -6 cups of fresh tomatoes or 3 cans (14 1/2 ounces each) diced tomatoes	2 tablespoons extra-virgin olive oil
1/4 teaspoon red pepper flakes	1/2 cup fresh basil leaves chopped
4 medium cloves garlic , minced or pressed through garlic press (about 1 generous tablespoon)	1 Finely chopped onion

FOR THE SAUCE:

If using fresh tomatoes, remove skins and seeds, dice tomatoes. If using cans, process 2 cans diced tomatoes in food processor until almost smooth, about 5 seconds.

Heat olive oil, garlic, and red pepper flakes in large heavy-bottomed saucepan over medium-high heat, stirring occasionally, until fragrant and garlic is light golden, about 3 minutes; add all tomatoes. Bring sauce to boil, then reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened and reduced, about 30 minutes (you should have about 4 cups). Stir in basil and season to taste with salt.

Tomato Sauce for Pasta

(From Silver Palate Cookbook)

We like this recipe for pasta, lasagna, spaghetti, etc. We cut the recipe down and start with about 5 cups of tomatoes. Sometimes I will add ground turkey or a couple of sautéed or grilled chicken breasts chopped.

Tomato Sauce

4 pounds ripe plum or other meaty tomato, skinned and seeded	2 Cups finely chopped yellow onions
1/2 Cup olive oil	1 Can (6 ounce) tomato paste
2 Tablespoons fresh basil	1/2 Teaspoon dried oregano
Salt and pepper to taste	1 1/2 Cup water
5 Garlic Cloves, peeled and finely minced	1/2 Cup parsley (we do not use parsley)

We add the following to the recipe...

2 Cup mushroom (sliced)	1 Cup pepper (chopped)
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1. Heat olive oil in a pan. Add onions and cook until tender about 15 minutes, add mushrooms and cook for another 5
2. Add Tomatoes, tomato paste, basil, oregano, salt and pepper, simmer for 10 minutes.
3. Add water and cook slowly, uncovered for about 3 hours or until reduced
4. Stir if garlic and parsley, garlic, and simmer for 5 minutes
5. Taste and correct seasoning. Can use immediately or cool to room temperature before covering. Can be frozen or refrigerated.