

Homestyle Chunky Tomato Sauce

Makes 1½ cups

1 tablespoon extra-virgin olive oil
½ large sweet onion or 1 small yellow onion, diced (about 1 cup)
2 large garlic cloves, minced
3 large tomatoes, seeded and diced (about 3 cups diced, OR substitute 1-28oz. can fire-roasted tomatoes)
¼ cup fresh basil leaves, minced OR 1 tablespoon dried
¼ cup fresh oregano, minced OR 1 tablespoon dried
¼ cup oil-packed sun-dried tomatoes (about 6) - optional
½ teaspoon sea salt, to taste
Freshly ground black pepper, to taste
Red pepper flakes, to taste (optional)

In a medium pot, heat the oil over medium heat and add the onion and garlic. Sauté for about 5 minutes, until the onions are translucent. Stir in the diced tomatoes and increase heat to high-medium to bring to a low boil. When the mixture boils, reduce the heat to medium and simmer for about 15 minutes, uncovered, until most of the water cooks off. Watch closely, reducing heat if necessary and stirring often. Add sun-dried tomatoes (if using) into a food processor along with a ladle of the tomato sauce. Process until mostly smooth. Stir this mixture back into the tomato sauce in the pot. Stir in the minced basil, oregano, salt, and pepper, and optional red pepper flakes to taste. Continue cooking until thickened to your liking and then remove from heat. Serve sauce over a bed of cooked pasta noodles, zucchini noodles, spaghetti squash noodles or diced butternut squash.