

## Tomato Sauce

This is an excellent, traditional fresh pasta sauce. And no added salt!

3lbs roma tomatoes  
1 chopped onion  
2 cloves garlic, crushed  
1 bay leaf  
2 Tablespoons fresh basil  
2 Tablespoons fresh oregano  
2 Tablespoons fresh parsley  
1/2 teaspoon black pepper

- 1 Wash and cut up tomatoes. Peel, if desired. The easy way to peel is to blanch in hot water.
- 2 Mince the fresh basil, oregano and parsley together and reserve.
- 3 In a large saucepan, over medium heat, cook the tomatoes for 10 minutes. Stir and crush them as they cook. Add the garlic, onion and the bay leaf. Continue to cook for 10 minutes more, until the tomatoes begin to thicken.
- 4 Add the herbs. Simmer for 20 minutes over low heat.
- 5 Remove the bay leaf before serving. Puree with immersion blender.

<http://www.lincolntent.com/GFCF-Sauces.html>