

Tomato Puree'

The Good Cook Sauces - Time-Life Books

Yield: 1 1/4 cups

*5 medium very ripe tomatoes, chopped
1 onion, finely chopped
2 cloves garlic, chopped
1 tablespoon olive oil
3 or 4 sprigs fresh thyme or one
teaspoon dried thyme leaves
1 bay leaf
1 to 2 teaspoons sugar (optional)
salt
freshly ground black pepper*

In a large, enameled, stainless steel or tin-lined pan, gently fry the onion and garlic in the oil until they are soft but not brown. Add the tomatoes, thyme, bay leaf and sugar, if you are using it.

Simmer the mixture gently, uncovered, for about 30 minutes, stirring it occasionally with a wooden spoon.

When the tomatoes have been reduced to a thick pulp, press the mixture through a sieve with a wooden pestle.

Return the puree' to the pan and, stirring frequently, cook it over low heat for about 30 minutes.

Season the puree' with salt and pepper to taste just before serving.

When fresh, ripe tomatoes are not available, use canned plum tomatoes. The sauce can be flavored with various herbs: parsley, basil, oregano and marjoram are all suitable.

Per Serving (excluding unknown items): 170 Calories; 14g Fat (70.0% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	170	Vitamin B6 (mg):	.2mg
% Calories from Fat:	70.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	26.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	14g	Folacin (mcg):	21mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 10g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 12g
 Dietary Fiber (g): 2g
 Protein (g): 2g
 Sodium (mg): 4mg
 Potassium (mg): 197mg
 Calcium (mg): 34mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 6IU
 Vitamin A (r.e.): 1/2RE

Caffeine (mg):
 Alcohol (kcal): 0
 % Refuse: 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 170 Calories from Fat: 119

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	12g	4%
Dietary Fiber	2g	8%
Protein	2g	
Vitamin A		0%
Vitamin C		15%
Calcium		3%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.