

Tomato-Caper Sauce (Freezer Sauce)

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Yield: 3 two cup portions

*1 cup chopped onion
4 cloves garlic, minced
2 tablespoons olive oil
2 cans (28 ounce ea) diced tomatoes with Italian herbs, undrained
1/3 cup dry red wine, dry vermouth or reduced-sodium chicken broth
1/4 to 1/2 teaspoon crushed red pepper
1/3 cup chopped fresh basil or flat-leaf parsley
1/4 cup capers, drained
1/4 cup oil-packed dried tomatoes (optional), finely chopped*

Preparation Time: 25 minutes

In an extra-large skillet, cook the onion and garlic in two tablespoons of hot olive oil over medium heat 4 to 5 minutes or until tender. Add the tomatoes, wine and crushed red pepper. Bring to a boil. Reduce the heat. Simmer, uncovered, for 10 minutes, stirring occasionally. Stir in the basil, capers and, if desired, the dried tomatoes. Let cool for one hour.

Divide the sauce into three two-cup freezer containers (or six one-quart resealable freezer bags). Cover. Freeze for up to six months.

Per Serving (excluding unknown items): 321 Calories; 27g Fat (75.1% calories from fat); 3g Protein; 18g Carbohydrate; 3 Dietary Fiber; 0mg Cholesterol; 317mg Sodium. Exchanges: Grain (Starch); 3 Vegetable; 5 Fat; 1/2 Other Carbohydrates