

## Tomato Sauce

Wash, sort and trim firm, vine-ripened tomatoes. Cut into quarters or eighths and put into a saucepan. Simmer 5 to 10 minutes. Press through a sieve. Pack juice into airtight freezer containers, leaving 1/2 inch headspace. Seal, label, date and freeze. Use frozen tomato juice within 8 to 12 months for best quality.

Tomato sauce contains vitamins A and C as well as the antioxidant Lycopene, making it a healthy beverage. You can make fresh tomato juice from store-bought tomatoes or from your own garden tomatoes. In fact, tomato juice is an excellent use for an abundance of garden fresh tomatoes.

### Instructions

Wash five pounds of ripe red tomatoes and then core and quarter them. To "core" the tomato, you will dig out the stem, much like digging out an eye of a potato.

Use a large non-reactive pot (enamel, glass, or stainless steel so it doesn't react to the acidity of the tomatoes). Place the tomatoes in the pot along with one small halved red onion and one celery rib with leaves for flavor. Adding the onion and celery is optional.

Cover and cook over medium heat, stirring often. Cook for about 30 minutes until tomatoes are soft

Discard onion and celery. Pass the tomatoes through a food mill, which is a mechanical device that forces the tomatoes through a sieve. Discard the solids. Use the smaller holed-insert for your food mill. Food mill shown at left (click to enlarge) is from [www.tajagroproducts.com](http://www.tajagroproducts.com), costs about \$22, and can also be used to make applesauce and baby food.



Measure the juice. Rinse the pot. Return the juice to the pot. Add 1 teaspoon of sugar and up to 1 teaspoon of salt for each 4 cups of tomato juice. Add pepper to taste.

Stir as you bring the pot to a boil, and then reduce the heat to boil gently for 5 minutes.

Cool, then chill. If desired, you can pour the juice through a sieve to filter out any thick areas or seeds that may have passed through the food mill. May be refrigerated for up to three days.



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