

Simple Tomato Sauce with Gluten-free Pasta

Serves: 8

INGREDIENTS

Tomato Sauce

1 tablespoon (15 milliliters) olive oil or 2 tablespoons (30 milliliters) vegetable broth

2 cloves garlic, minced

½ small yellow onion, small dice

Salt, to taste, optional

1 14.5-ounce (400-gram) can no-salt-added crushed tomatoes

1 14.5-ounce (400-gram) can no-salt-added petite diced tomatoes (fire-roasted are especially good, if available)

2 teaspoons (10 milliliters) Italian seasoning, optional

Freshly ground black pepper, to taste

Pinch of sugar, date paste, or agave, or other sweetener, to taste

Pasta

1 pound (450 grams) gluten-free brown rice or quinoa pasta (or substitute any other pasta of your choice)

Salt, optional (for pasta water)

Garni

Handful of basil leaves, chiffonade (sliced thinly)

Plant-based Parmesan (see recipe), optional



Store-bought tomato sauces are often high in sodium, added sugar, and can be watered down. Make this simple, but delicious sauce at home instead. You can adjust ingredients or seasonings as you wish—consider sautéing diced, fresh vegetables along with the onions or adding other fresh or dried herbs.

INSTRUCTIONS

1. Heat medium saucepan over medium heat, then add oil or broth. Add garlic, onion, and a pinch of salt (optional). Cook until translucent, about 5 minutes.
2. Add the tomatoes, Italian seasoning, and season with pepper and salt (optional), to taste. If too acidic or bitter, balance with a pinch or two of sugar (or a small amount of another sweetener), as needed.
3. Simmer sauce for 15 to 60 minutes. When ready to serve, taste and adjust seasonings once more.
4. Meanwhile, boil pasta according to package directions in 4 quarts (4 liters) of water salted with 1 tablespoon (15 milliliters) of salt (optional) until al dente. Drain pasta. Do NOT rinse pasta or coat in oil.
5. Return drained pasta to cooking pot; add desired amount of marinara and toss to coat. Serve topped with chiffonade of basil and optional Plant-based Parmesan.

NOTES

- Substitutions: Any type of pasta can be substituted for the gluten-free pasta. You can also serve this over zoodles or cooked and shredded spaghetti squash.
- Feel free to add sautéed or lightly steamed vegetables.

Nutritional Info (per 1/8 recipe): Calories 252, Total Fat 4 g, Saturated Fat 0.3 g, Cholesterol 0 mg, Sodium 300 mg, Total Carbohydrate 51.3 g, Dietary Fiber 5.1 g, Sugars 4 g, Protein 5.4 g, Vitamin A 2%, Vitamin C 20%, Calcium 4%, Iron 10%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
