

# Shopping List

## Produce

5-6 largish tomatoes

1 med-large red onion

2 green peppers (or one red and one green)

Garlic

2 large carrots

Basil

## Bulk

Extra-virgin olive oil

Oregano

Sea salt

pepper



Check out our recipe blog at  
[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)

*Community*  
**FOOD CO OP**  
Bellingham's Natural Grocer

### Downtown Store

1220 N Forest Street  
Bellingham, WA 98225  
Open Daily 7am-10pm

### Cordata Store

315 Westerly Road  
Bellingham, WA 98226  
Open Daily 7am-9pm

Phone: 360.734.8158

[sassysampler@communityfood.coop](mailto:sassysampler@communityfood.coop)

[www.communityfood.coop](http://www.communityfood.coop)

Source: adapted from  
[www.mealsbysheri.wordpress.com](http://www.mealsbysheri.wordpress.com)

Printed on FSC certified, 100%  
post-consumer recycled paper

# Roasted Tomato and Pepper Pasta Sauce



*Community*  
**FOOD CO OP**

# Roasted Tomato and Pepper Pasta Sauce

## INGREDIENTS

5 or 6 large tomatoes, halved \*

1 medium-large red onion, peeled and cut into large, even chunks

2 green peppers (or one red and one green), seeded and cut into large chunks

5 garlic cloves, peeled

2 carrots, peeled and sliced into 3/4" chunks (cut in half lengthwise if they are thick carrots)

1/3 c extra-virgin olive oil

2 t dried oregano

1 -2 T fresh basil, chopped

Sea salt and pepper (to taste)

## INSTRUCTIONS

1. Pre-heat oven to 350°.
2. Place all your prepared veggies and garlic into a large jellyroll pan.
3. Pour olive oil over veggies and add salt and pepper to taste.
4. Toss to coat (with your hands, your best kitchen tool!). Turn tomatoes cut side up.
5. Roast in oven for about an hour, until veggies are soft, lightly browned, and the edges on the tomatoes have shrunk slightly in.
6. Remove from oven and let cool for about 15 minutes.
7. Add veggies and fresh basil to food processor and pulse until you have a chunky sauce. Add a bit more olive oil if desired. The sauce should be thick, not watery.
8. Add sauce to a medium saucepan. Simmer on low. Add basil and oregano, and more salt and pepper if desired. Heat sauce until warmed.
9. Serve over your favorite pasta, or refrigerate and re-heat the next day.

Additions: mushrooms, hot peppers, cheese, zucchini, etc. Sauté veggies on the stove while your other veggies are roasting. Add them to the saucepan after pureeing the sauce.

Serve with subtle garlic bread—Slice bread and brush with a little olive oil, sea salt, and pepper and toast in a 350° oven for about 5-8 minutes. Turn bread slices over and finish toasting (another 5-8 minutes). Just out of the oven, rub surface of bread with a peeled garlic clove.

You can freeze any excess sauce—make it easy for next time and pre-portion it before freezing!

\* If you are using in-season tomatoes, there is no need to seed and peel them. If you are using tomatoes in the off season, you may want to **seed** them before roasting. If you use Romas, there is no need to de-seed.



[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)

Yields about 3 cups of sauce