Gluten Free Spaghetti / Pizza Sauce

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Here is a super easy recipe for some very good gluten free pizza sauce base, which also works great as Pizza sauce!

Ingredients:

- 2 Tbsp butter
- 1/4 cup grated onion
- 1/4 tsp oregano
- 2 3 garlic cloves, minced
- 2 lbs of fresh tomatoes
- 1/2 tsp sugar
- 2 tsp basil
- 1/2 tsp salt

Instructions:

- 1. In a large pot, start to boil some water.
- 2. Get a large bowl and fill it with ice water
- 3. Remove the stems from the tomatoes and any spot on them as well, and wash them.
- 4. Once the water is boiling add the tomatoes to the boiling water for about a minute, or until the skins start to crack.
- 5. Remove the tomatoes and place into the ice water.
- 6. After a minute or so in the water, remove the tomatoes and peel off the skin.
- 7. Cut them in half and you can either scoop out or squeeze out the seeds.
- 8. Cut into small to medium size chunks.
- 9. In the large pot, add the butter and over medium heat, melt the butter
- 10. Add the onion, oregano, and 1/2 teaspoon of salt.
- 11. Cook, making sure to stir occasionally, until the onion is golden brown, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
- 12. Increase the heat on the pot and add the tomatoes and sugar
- 13. After the tomatoes get to a low boil, turn the heat down and simmer, while stirring here and there until the sauce reduces by 1/3. The tomato chunks will begin to break down into a tomato sauce. If the sauce is too thick, you can use a hand blender to break down the sauce more.
- 14. At this point the suace can be used as a spaghetti base or for pizza sauce!

You can also double this recipe if need be. By making this from tomatoes directly it has a few key benefits.

- 1. You know it is gluten free
- 2. There is no BPA chemicals like there is with tin cans.
- 3. You know what is in it.

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