Gluten Free Spaghetti / Pizza Sauce

Posted At : January 18, 2017 5:40 PM | Posted By : Jason
Related Categories: Gluten Free Cooking, Cooking

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.