

Ingredients: Yield: 2kg / 6-7 cups	Amount:
Sliced onions	2-3 medium size
Whole garlic	4-5 cloves
Tomato paste	One 6oz tin can
Whole tomatoes (<i>in can</i>)	Two 16 oz tin cans
Olive oil	¼ cup
Bay leaf	3-4 leaves
Salt	2 tsp
Ground black pepper	½ tsp
Paprika (<i>smoked paprika is a fun option</i>)	2 tbsps

Supplies:

1) Heavy bottom 4-6 litre saucepan with cover 2) Hand blender or food mill (*a food processor also works in a pinch*) 3) Large sieve 4) Wooden spoon

Method:

1) Drain tomatoes and crush by hand, reserve juice. 2) Preheat the saucepan over medium heat, add olive oil and garlic and caramelize lightly, add onions and sweat. 3) Once onions are translucent add spices and bay leaf, continue cooking until light brown colour. 4) Add tomato paste and combine thoroughly. 5) Add tomato juice and allow to come up to temperature, then add tomatoes. 6) Cover, leaving a gap for steam to escape, and bake in oven for 3 hours at 295°F. 7) Remove from oven, blend with hand blender in pot or pass through food mill until smooth. 8) Pour into casserole pan and cool in refrigerator until cold before using.

Please note: This recipe does not call for herbs, as it will be reheated in most cases. This avoids bitterness and discolorations from over cooking and blending the herbs. If you want to include the flavour of your favourite herbs, please follow these instructions: For dry herbs, add them when you take it out of the oven before blending so the cooling heat will release their aromatics. For fresh herbs add them once the sauce has cooled.

We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides.
We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.