

# Italian DOP tomato sauce

## Comments

*I have so many different ways of making a meatless tomato based pasta sauce but this one is my favorite!!! You may ask why is this recipe so special, for me it's all about the tomatoes. They are imported San Marzano DOP tomatoes from Italy and the flavor is absolutely wonderful! What are DOP tomatoes? Well they're tomatoes grown and certified from a specific zone in Italy that guarantees their place of origin and quality. For me every time I make sauce with these tomatoes it reminds me of being back in Italy. It is such a simple sauce that epitomizes the Italian cooking principles I grew up with. I hope you will enjoy it as much as I do.*

## Ingredients

|               |                                      |              |                                      |
|---------------|--------------------------------------|--------------|--------------------------------------|
| 1600 grams    | Whole peeled tomatoes - DOP tomatoes | 2 sprigs     | Fresh thyme                          |
| 1/2           | Onion - chopped                      | 1/4 teaspoon | Red Chili flakes - or per your taste |
| 1 clove       | Garlic - chopped                     |              | Salt to taste                        |
| 1             | Carrot - chopped                     |              | Pepper to taste                      |
| 2 Tablespoons | Olive oil                            |              | Water-if needed                      |

## Procedure

- 1 Pour the olive oil in a sauce pan set on medium to medium low heat
- 2 Add the chopped onion, carrot, red chili flakes, thyme springs and the garlic
- 3 Lightly saute' until onion is translucent
- 4 Add the contents of the two cans of DOP tomatoes
- 5 Lightly rinse the inside of the cans with tap water and add to the sauce pan
- 6 Bring to a boil then lower the heat to low and cover the pan with the lid ajar
- 7 Cook down until the tomatoes are fully cooked and break apart with a wooden spoon or hand held blender
- 8 Salt and pepper to taste
- 9 Serve when warm over your favorite pasta

Servings: 8

Yield: 6 cups

## Degree of Difficulty

Degree of Difficulty: Very easy

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

## Nutrition Facts

Serving size: 1/8 of a recipe (8.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 81.24      |
| Calories From Fat (43%)           | 35         |
| % Daily Value                     |            |
| <b>Total Fat</b> 4.1g             | <b>6%</b>  |
| Saturated Fat 0.56g               | 3%         |
| <b>Cholesterol</b> 0mg            | <b>0%</b>  |
| <b>Sodium</b> 313.77mg            | <b>13%</b> |
| <b>Potassium</b> 496mg            | <b>14%</b> |
| <b>Total Carbohydrates</b> 11.47g | <b>4%</b>  |
| Fiber 2.83g                       | 11%        |
| Sugar 0g                          |            |
| <b>Protein</b> 1.98g              | <b>4%</b>  |

Recipe Type: Sauce

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### **Tips**

Take care not to burn the vegetables while browning them

# Gnocchi

## Comments

One of the traditions in my family was to have your favorite dish for dinner on your birthday, for me it was always gnocchi! I used to call them "gut bombs" and now so do my children and grandchildren. They got that name because they are so easy and delicious to eat but once you've finished they have a tendency to expand once inside your stomach. I never could figure out if it was just because we ate too many. Gnocchi are not too difficult to make, but a key secret is not to add too much flour; if you do they will be too chewy. Conversely, if you don't add enough flour they could be too mushy and fall apart when you cook them. I recommend boiling a couple once you've finished kneading the dough to test the consistency. The dough should be sticky in consistency, not firm as in making fettuccine or other home made pasta. Gnocchi goes well numerous types of sauces from a simple butter and sage dressing to a rich gorgonzola, the choice is yours.

## Ingredients

|                         |                        |
|-------------------------|------------------------|
| 3 cups potatoes, boiled | 1 tablespoon olive oil |
| 1.5 cups flour          | 1.5 teaspoons salt     |
| 2 eggs slightly beaten  |                        |

## Procedure

- 1 Boil potatoes until tender then remove and let cool
- 2 Next rice the potatoes with a ricer do not use a blender
- 3 Combine riced potatoes, flour, and salt and mix together well
- 4 Slightly beat the eggs, add the olive oil to the eggs then add to the flour, potato and salt and mix all ingredients together
- 5 Knead the dough, place on a cutting board and continue kneading keeping in mind the dough must be "sticky"
- 6 Cut off one piece of dough, roughly ¼ cup and roll into a cord about ¾ inches thick and cut into equal segments about the size of the first digit of your index finger
- 7 Turn each segment with a fork and place on a well floured board when finished making the gnocchi cook then in salted water that is just about at the boiling point
- 8 When fully cooked the gnocchi will rise to the top of the pan, carefully remove gnocchi with a slotted or straining spoon, place in a bowl with your favorite sauce and carefully toss

Servings: 6  
Yield: 6 cups

## Degree of Difficulty

Degree of Difficulty: Moderately difficult

## Cooking Times

Preparation Time: 15 minutes  
Cooking Time: 30 minutes  
Total Time: 45 minutes

## Nutrition Facts

Serving size: ⅓ of a recipe (4.7 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

| Amount Per Serving                |        |
|-----------------------------------|--------|
| <b>Calories</b>                   | 241.34 |
| Calories From Fat (16%)           | 38.52  |
| % Daily Value                     |        |
| <b>Total Fat</b> 4.28g            | 7%     |
| Saturated Fat 0.89g               | 4%     |
| <b>Cholesterol</b> 73.31mg        | 24%    |
| <b>Sodium</b> 609.06mg            | 25%    |
| <b>Potassium</b> 616.44mg         | 18%    |
| <b>Total Carbohydrates</b> 43.39g | 14%    |

|                      |            |
|----------------------|------------|
| Fiber 2.18g          | 9%         |
| Sugar 0g             |            |
| <b>Protein 7.38g</b> | <b>15%</b> |

Recipe Type: Pasta

### Tips

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I recommend making your gnocchi just before you're ready to cook them, if you make them too far in advance of your dinner they will become very mushy and sticky and they will fall apart during the cooking process

If you want to make them in advance then I recommend placing them on a cookie sheet with corn meal and freezing them

Gnocchi are very tender so handle them with care