



Parmesan Pomodoro

A Delicious Red Sauce with Notes of Parmesan and Basil

This is an extremely simply sauce, with tremendous depth of flavor. The traditional version calls for San Marzano tomatoes, though you are more than welcome to use regular canned tomato sauce. I won't judge. Also, I'd like to apologize to all of my Italian Nona's that follow me. Don't take my use of Kraft cheese sprinkle's TOO personally... I have kids. lol

Ingredients:

- 1 tsp olive oil
- olive oil cooking spray
- 1/2 cup onions, diced
- 4 medium garlic cloves, crushed and chopped
- (2) 30 oz cans of either whole, peeled, 'San Marzano' tomatoes... or you can use normal canned tomato sauce, if you don't want to be fancy.
- 1/4 cup fresh basil, chopped, packed
- 2 Tbsp PLUS 2-3/4 tsp reduced fat Parmesan topping (like Kraft... see notes)
- 1/4 tsp salt
- 1/4 tsp pepper

Serving Info.:

Yields: 6 cups
Servings: 12
Serving Size: 1/2 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

1. Heat a medium sized pot for 1 minute. Add the olive oil, onions and garlic. Spray with additional olive oil cooking spray and cook till onions begin to soften, 4-5 minutes.
2. Add the onions into a food processor or blender, with the canned tomatoes. Process till smooth.
3. Add the fresh chopped basil into the food processor (or blender) and blend till smooth.
4. Return sauce to the pot, stir in the Parmesan, then simmer for 15 minutes. Season with salt and pepper. Done.

Notes:

- PARMESAN: If you are a purist and do NOT want to use Kraft reduced fat parmesan grated topping... Use any type of parmesan you want. MY recipe's points account for 3 points of cheese. If you'd like to use the regular stuff, adjust your recipe.
- CANNED TOMATOES: I wanted to use actual 'San Marzano' tomatoes for my sauce. My local store only sells canned WHOLE San Marzano tomatoes, which is why my ingredients mention 'whole' tomatoes. If you just want to use good ol' fashioned regular tomatoes... don't buy canned whole tomatoes. Buy canned 'tomato sauce'. It's cheaper and will still taste great.
- Though this recipe is tasty, I have it on good authority that @chiafullo's favorite Pomodoro sauce is from The Olive Garden.

