

Basic Italian Tomato Sauce

- 59 ml extra virgin olive oil
- ½ yellow onion
- 1 medium carrot
- 2 400 g can crushed tomatoes
- 1 tsp salt to taste
- 8-10 basil leaves



1. Peel and finely grate the **carrot**, and peel and finely chop the **onion**.
2. Heat the **olive oil** in a large saucepan on medium.
3. When the oil is hot (*it's hot when a small drop of water splashed into the pan sizzles*), add the **onion** and **carrot** and let them cook for **5-6 minutes**, stirring occasionally.
4. Pour the **tomatoes** into the pan, add **salt**, and raise the heat to high to bring the mixture to a boil.
5. As soon as it boils, set the heat to **low** and let the tomatoes gently simmer for **20 min to 1 hour**.
(or simmer all day at very low heat, stirring occasionally. It will reduce and become denser.
6. Rip the fresh **basil leaves** into small pieces and stir them into the sauce about 2 minutes before it's finished cooking.
7. Taste the sauce at the end and if the carrot wasn't very sweet, add an optional pinch of **sugar** to balance the acidity.