

## Tomato Sauce with Maitake

- 1 T extra virgin olive oil
- ½ small yellow onion (50 g)
- ½ small carrot, finely chopped (30 g)
- 1 clove garlic, minced
- 1 400 g can crushed tomatoes
- ½ tsp salt, to taste
- 4-5 basil leaves (or ¼ tsp dried basil & oregano)
- ½ to 1 tsp sugar (optional)
- 25-30 g maitake mushrooms, finely chopped
- Freshly ground pepper, to taste
- 1 T tomato paste
- Splash of red wine or shoyu
- Pinch of red pepper flakes



1. Heat **olive oil** in a saucepan over **medium heat**.
2. Add **onion** and **carrot**, and **garlic**, **sauté 4–5 minutes** until soft and beginning to caramelize.
3. Add **maitake**, cook **another 2–3 minutes** until they soften and begin to release their aroma.
4. Stir in **tomato paste** (if using), then add **crushed tomatoes**, **dried herbs**, **salt**, **pepper**, and sugar.
5. Simmer uncovered for **25–30 minutes**, stirring occasionally. *(If using fresh basil, add towards the end of cooking)*
6. Taste and adjust seasoning. If it needs a little brightness, add a few drops of **balsamic vinegar or lemon juice** at the end.