

Brandywine Tomato Sauce

Serve 2

Equipment Needed:

Saucepan
Measuring spoons
Cutting board and knife
Spoon or spatula for mixing

To Make the Recipe:

1 large Brandywine tomato or equivalent amount of any heirloom tomato*
1-2 cloves garlic, chopped and left to rest for 20 minutes
1-2 tbsp fresh basil, chopped or 2 tsp dried
Sea salt and pepper to taste
2 tbsp whipping cream or full fat coconut or 1-2 tbsp full fat yogurt

Remove the centre stem piece and cut the tomatoes into small chunks. Place in a saucepan. Add the garlic and bring to a boil. Add the cream or coconut milk (do not add yogurt at this time if using). Continue to cook and let the mixture reduce a bit (5 minutes) seasoned with sea salt and pepper to taste. If using yogurt, add after it has been removed from the heat.

Serve the sauce over whole grain pasta such as whole wheat or brown rice or add to a medley of steamed vegetables.

*Organic cherry tomatoes are the best substitute if you cannot find heirloom tomatoes