Michelle Valentine

Homemade Organic Spaghetti Sauce

This classic homemade spaghetti sauce is made with organic tomatoes, garlic, and herbs—just like in traditional Italian kitchens. Perfect for a cozy meal, it's free from preservatives and full of flavor!

Ingredients:

- 6 medium organic tomatoes, peeled and chopped
- 2 tablespoons organic olive oil
- 3 cloves organic garlic, minced
- 1/2 small organic onion, finely chopped (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried organic oregano
- 1/2 teaspoon dried organic basil (or fresh leaves)
- Pinch of crushed red pepper flakes (optional)
- 1 teaspoon organic apple cider vinegar
- 1 tablespoon organic tomato paste (optional)

Directions:

1. Blanch tomatoes by scoring the bottoms and boiling for 30 seconds. Cool and peel skins.
2. In a saucepan, heat olive oil over medium heat. Sauté onion (if using) and garlic until soft.
3. Add tomatoes and all seasonings. Simmer uncovered on low heat for 30–40 minutes, stirring occasionally.
4. Stir in vinegar and tomato paste, then simmer another 5 minutes.
5. Blend if you prefer a smoother sauce, or leave it chunky for a rustic feel.
6. Serve over your favorite pasta, zoodles, or as a pizza base. Enjoy!

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