



Italian Tomato Sauce

Jacob · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

10

Description

This is the best tomato sauce recipe We had this every Wednesday when I was growing up The secret ingredient is nutmeg just a pinch Delicious Serve it over spaghetti

Ingredients

- - 2 tablespoons olive oil - 1 onion
- diced - $\frac{1}{4}$ cup chopped celery - 1 small garlic clove
- minced - 1 pound ground beef - 40 ounces Italian-style stewed tomatoes - 2 (6 ounce) cans tomato paste - 1 (8 ounce) package sliced mushrooms
- or to taste - $\frac{1}{2}$ cup grated Parmesan cheese
- or to taste - $\frac{1}{4}$ cup parsley - 1 $\frac{1}{2}$ teaspoons salt - 1 teaspoon white sugar - $\frac{1}{4}$ teaspoon ground nutmeg - $\frac{1}{2}$ teaspoon dried oregano - ? teaspoon ground black pepper - $\frac{1}{4}$ teaspoon baking soda
- or to taste

Instructions

1. Heat olive oil in a large pot over medium-high heat. Sauté onion
2. celery
3. and garlic in hot oil until softened
4. about 5 minutes. Add beef and cook
5. stirring to break into small chunks
6. until no longer pink
7. 5 to 7 minutes more. Stir stewed tomatoes and tomato paste with beef mixture until smooth; add mushrooms
8. Parmesan cheese
9. parsley
10. salt
11. sugar
12. nutmeg
13. oregano
14. and black pepper. Cook
15. stirring occasionally
16. until the sauce is flavorful
17. about 10 minutes. Stir baking soda into the sauce. Continue cooking until you can taste a reduction in acidity of the sauce
18. about 10 minutes more. Tips Baking soda helps to neutralize acid in tomatoes
19. making the sauce more palatable. Add soda in very small increments and cook sauce for several minutes after adding. Taste and add more soda if desired
20. but sauce will tend to be more or less acid
21. depending on the quality of the tomatoes and paste. I freeze the remainder and simply defrost and heat it in the microwave. This can be done several times and it is as good as a leftover as it is when it is first made. If the sauce becomes too thick
22. add a little water toward the end of cooking. If too thin
23. cook uncovered for about 15 minutes. Use whatever ground meat you prefer. This works with beef
24. turkey
25. or chicken.