

# HOMEMADE SKETTI

## INGREDIENTS

\*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- EVOO
- BUTTER/GHEE (OPTIONAL)
- 1 BOX PASTA OF CHOICE
  
- 1/2 RED ONION (CHOPPED)
- 1 RED PEPPER (CHOPPED)
- 2 TBS GARLIC MINCED
- 10-20 TOMATOES. USE A COMBINATION OF FRESH OR CANNED WHOLE TOMATOES. I LIKE BEEFSTEAK AND SAN MARZANO.
- SWEETENER OF CHOICE TO TASTE- MAPLE SYRUP, COCONUT PALM, AGAVE, ETC. THIS HELPS CUTS THE ACIDITY OF THE TOMATOES.
- SALT/PEPPER TO TASTE (HELPS BALANCE FLAVOR OF SAUCE),
- SEASON TO TASTE: ITALIAN SEASONING (OREGANO, PARSLEY, BASIL), RED PEPPER FLAKES, BLACK PEPPER

**\*FOR DELICIOUS FLAVOR AND A DISEASE-FIGHTING MEAL, DISSOLVE SOME TURMERIC AND BLACK PEPPER IN A FEW TABLESPOONS OF EVOO AND ADD TO YOUR LYCOPENE LOADED SAUCE. TURMERIC AND PEPPER ARE A SYNERGISTIC ANTI-CANCER POWERHOUSE! YOUR BODY WILL THANK YOU!**



## DIRECTIONS

1. EVOO BOTTOM OF A LARGE PAN/POT AND SAUTÉ THE ONION, RED PEPPER AND GARLIC.
2. COOK UNTIL SOFT.
3. CUT TOMATOES INTO QUARTERS & TOSS INTO BLENDER OR FOOD PROCESSOR AND GIVE THEM A WHIRL. DO NOT LIQUEFY.
4. USE TOMATO SIEVE OR STRAINER TO SEPARATE THE SKIN/SEEDS; DISCARD SKIN/SEEDS.
5. POUR THE TOMATO JUICE INTO YOUR POT WITH PEPPER MIXTURE & ADD SPICES TO TASTE.
6. SIMMER ON LOW FOR SEVERAL HOURS UNTIL THICK.
7. COOK YOUR FAVORITE PASTA ACCORDING TO DIRECTIONS.
8. RINSE/DRAIN PASTA. PLACE PASTA BACK IN PAN OVER MEDIUM HEAT. ADD A DOLLOP OF BUTTER/GHEE (THIS IS OPTIONAL- UT IT'S A GAME CHANGER!); TOSS PASTA UNTIL BUTTER IS MELTED. ADD YOUR TOMATO SAUCE (A LITTLE AT A TIME) TO THE PASTA & TOSS TO COAT.
9. Mangia!