

# Bravo Tomato Sauce – Vegan – SOS

Prep Time: 15 minutes  
Cook Time: 30 minutes  
Total Time: 45 minutes

Yield: 2 quarts  
Serving Size: 16  
Calories per serving: 25.5  
Fat per serving: 0.2 grams

*'Bravo!', by Ramses Bravo, p- 117.*

## Ingredients

- 1 1/2 pounds Roma tomatoes
- 1 large yellow onion, diced
- 1 stalk celery, diced
- 1 shallot, diced
- 4 cloves garlic, diced
- 1 tablespoon dried oregano
- 1 teaspoon granulated garlic
- 1 teaspoon dried onion flakes
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 cup vegetable broth (preferably homemade)
- 3 cups chopped tomatoes, canned or packaged
- 1/2 cup fresh basil leaves, firmly packed and chopped

## Instructions

1. Put the Roma tomatoes in a blender and process on high speed until smooth. Pour through a strainer to remove the seeds and skins. Set aside.
2. Put the onion, celery, shallot, and garlic in a large dry saucepan over medium-high heat and cook, stirring occasionally, until the vegetable and the bottom of the saucepan are browned, about 5 minutes.
3. Add the oregano, granulated garlic, dried onion flakes, and optional red pepper flakes and cook, stirring almost constantly, for 1 minute. Stir in the broth and cook until the bottom of the saucepan is dry and browned, 5 to 10 minutes. Stir in the chopped tomatoes and strained Roma tomatoes and bring to a simmer. Decrease the heat to medium and cook for 15 minutes. Stir in the basil.
4. Serve hot. Stored in a sealed container, Bravo Tomato Sauce will keep for 1 week in the refrigerator.

## Notes

Nutrition facts (per serving -1/2 cup): Calories: 25.5, from fat: 0, total fat: 0.2g, cholesterol: 0mg, sodium: 9.7mg, total carbohydrate: 5.7g, fiber: 1g, sugar: 2g, protein: 1g.