Roasted Tomato Sauce

**INGREDIENTS**
- 2-3 pounds tomatoes, halved or quartered
- ½ pound yellow onion, diced
- 6-8 garlic cloves
- ¼ cup olive oil
- 1 Tablespoon dried oregano
- ½ Tablespoon dried basil
- 1 Tablespoon salt
- ½ teaspoon black pepper
- Tablespoons red wine vinegar

**PEAK SEASON**
July–October
DIRECTIONS

1 Preheat oven to 450 degrees Fahrenheit. Wash and cut tomatoes.

2 Combine all ingredients except red wine vinegar in a bowl and mix well. Pour into a greased or parchment-lined sheet baking dish large enough to hold the ingredients in one layer, but small enough that they are not too spread out.

3 Roast in the oven, stirring every 5 or so minutes, until the tomatoes begin to brown or blacken around the edges, and everything in the baking dish is softened.

4 Allow the sauce to cool to a safe temperature, then puree with an immersion blender, food processor, or food mill. Transfer into a saucepan over low heat, and add the red wine vinegar. Season with salt and pepper to taste.

Nutrition tip:
Cooking tomatoes with some sort of fat (i.e., grass-fed butter or olive oil) makes the lycopene, an anti-cancerous property more absorbable in our bodies.