

A SIMPLE RAGÚ

1 carrot
1 celery stalk
1 small onion
2-3 cloves of garlic - all finely chopped
8-10 tomatoes - or one large can of good diced tomatoes
extra virgin olive oil for sautéing
salt and pepper to taste

With a knife, score an X at the base of each tomato and blanch in boiling water for 15 - 30 seconds, remove, drain, cool, peel and chop. Sauté all ingredients covered on medium heat in a large saucepan for at least 45 minutes until all vegetables are soft.

Boil off excess liquid by removing the lid in the final minutes. Remove from heat and blend with food processor or drink mixer until sauce is smooth.

Add additional spices to taste - i.e. oregano or basil, parsley, mushrooms, or Parmesan or Romano cheese. Serve hot over your favorite pasta, omelette, rice, grilled or sautéed eggplant, or explore your own combinations. . . a simple, healthy and delicious addition to any meal.

Submitted to Villa Vita by Badia a Coltibuono
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