



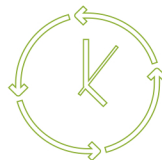
Family Meal

Creamy Tomato Sauce



SERVES

4 - 5



MINUTES

6 - 8

INGREDIENTS

- 1/4 cup olive-oil
- 1 onion minced
- 1 tomato minced
- 2 tbsp garlic minced
- 1/2 cup sundried tomatoes
- 1.5 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cumin
- 1/4 tsp sugar
- 6oz tomato paste
- 1 pint heavy cream
- 2 tbsp butter
- 1/4 cup fresh basil
- 1/4 cup fresh parsley
- 1/4 cup parmesan cheese
- 1 pound pasta (of your choice)

*If using Everyday Spice Blend,
use 1tbsp*

845 calories for 5 servings

METHOD

1. Bring the pot of water to a boil, add a pinch of salt, and a tablespoon of oil. Put in pasta to cook for time directed on the bag.
2. In a sauté pan, heat on medium high. Coat your pan with olive oil.
3. Throw in your onions and tomatoes, Sautee for 2 minutes.
4. Add your garlic and sun-dried tomatoes. Stir all ingredients for another minute, make sure not to burn.
5. Add your spices and tomato paste. Cook for 1 minute.
6. Add your cream and butter, stir until sauce is uniform in color. Cook for 1 minute.
7. Set heat to a very light simmer. Stir in fresh herbs and parmesan cheese. Simmer for 1 minute, Sauce is ready!
8. Once your pasta is finished cooking, strain, and dump into sauce. Mix pasta thoroughly with sauce. Enjoy!