TOMATO SAUCE ITALIA

INGREDIENTS:

1 14oz/400g of diced or whole Roma tomatoes (fresh, jared, or canned)
3 cloves of garlic (medium size)
3 Tbsp of tomato paste (add less for a thiner consistency)
2 Tbsp of sweet basil (fresh or dried)
2 Tbsp of oregano (fresh or dried)
1 tsp of red chilli pepper (fresh or dried)

DIRECTIONS:

Place the tomatoes into a 2 qt/1.9L pot, cover, and bring to a boil. Do not burn. Lower the heat and simmer for 5 minutes. Mash the tomatoes while stirring.
Peel and cut the garlic into smaller pieces and add to the sauce.
Simmer half covered, to avoid splashing, for another 5 minutes.
Uncover and stir in the red chilli pepper, basil, and oregano. If using fresh herbs, adjust the amount to taste. Stir and simmer for 3 minutes.
ENJOY this tasty sauce with pasta, lasagne, or various other Italian dishes.
NOTE: Extra virgin olive oil can be added for flavoring, prior to serving.

Serves 2
Use **organic** ingredients only (commercial tomatoes contain pesticides)
If using canned tomatoes & paste select brands that are free of BPA and lead
AVOID cooking or storing tomatoes in aluminum
Suitable for O, AB blood types & non-secretor A & B blood types

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.
When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato and excellent heart-healthy food. Lycopene and its antioxidant properties also promotes bone health, which in turn helps to prevent osteoporosis.
The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Baby Romas are great in salads.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.
It is a member of the *Allium* family, which includes onions and leeks. Garlic contains a unique combination of powerful flavonoids and sulfur-containing nutrients including thiosulfinates (allicin), sulfoxides (alliin), and dithiins (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays in tact for only 2-16 hrs. at room temperature.
The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.
Garlic is also a good source of selenium.
Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like artherosclerosis and the forming of blood clots.
Garlic lowers blood pressure in two ways:
One particular disulfide called ajoene, has been shown to have anti-clotting properties. It prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot.
The other is the production of hydrogen sulfide (H2S) gas. Red blood cells take sulfur-containing molecules in garlic and use them to produce H2S, which in turn help our blood vessels expand and balance blood pressure. H2S is placed in the same category as nitric oxide (NO). However, not all garlic extracts can be used in the same way, and thus, do not provide this same benefit. Plus, cooking, microwaving, or adding garlic to acidic foods like lemon juice, cause it to loose some of its properties. Letting garlic sit after chopped or crushed, increases its benefits.
Garlic is a rich source of manganese, vitamins B6, and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (an important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.
Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast candida Albicans in check.
Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh garlic, buy organic garlic powder, for convenience.
Store garlic in an open basket in a cool dry place and away from sunshine and heat.

Basil is rich in vitamin K and C, manganese, copper, pro vitamin A carotenoids, folate, iron, magnesium, and calcium, and small amounts of B2, B6, dietary fiber, omega 3 fats, phosphorus, potassium, zinc. Basil's unique flavonoids provide protection at the cellular level. *Orientin* and *vicenin,* in particular, protect cell structures and chromosomes from radiation and oxygen-based damage. Together these nutrients and antioxidants help prevent free radical damage Only after cholesterol has been oxidized does it build up in the blood vessel walls.
Basil also has antibacterial properties and volatile oils, which contain astragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene. They are effective in restricting growth

of numerous bacteria including Listeria monocytogenes, Staphylococcus aureus, Escherichia coli O:157:H7, Yersinia enterocolitica, and Pseudomonas aeruginosa.
The essential oil from Basil inhibits several species of pathogenic bacteria that have become resistant to commonly used antibiotic drugs, such as Staphylococcus, Enterococcus and Pseudomonas (*Journal of Microbiology Methods July 2003*). Basil (and thyme) essential oil reduces Shingella (bacteria that triggers diarrhea and causes intestinal damage). The eugenol component of basil's volatile oils are also anti-inflammatory.
Native to India, Asia, and Africa, basil is scientifically known as *Ocimum basilicum*. It is prominently featured in Italian, Thai, Vietnamese, and Laotian cuisines. In Italy, it was a symbol of love, while in India it was cherished as an icon of hospitality. There are more than 60 varieties of basil, such as sweet basil, lemon basil, anise basil, which reflect their unique taste and aroma.
Select both fresh and dried basil that is organically grown to insure they have not been irradiated. Fresh basil should be vibrant, dark green with a strong fragrance. Branches of fresh basil will last 5-7 days in a container with water on the counter, or in a plastic bag or closed container in the fridge. Dried basil will keep fresh up to eight months if stored in a closed glass jar in a cool, dark, and dry place.

Oregano is an rich in dietary fiber, vitamin K, manganese, iron, calcium, and potassium. It also contains folate and trace amounts of other vitamins and minerals. Oregano has one of the highest antioxidant activity ratings, and its phytochemicals, carvacol and thymol are powerful antimicrobials. Its rosmarinic acid supports the immune system and its beta - caryophyllin (E-BCP) inhibits inflammation. Research shows its essential oils may kill certain types of Candida, Listeria and MRSA, making it useful in hand soaps and disinfectants. Oregano's antiviral and anticancer properties (carvacol extract in particular) help relieve upper respiratory infections, promote sweat, and lead to growth arrest and cell death in various types of cancer (colon, breast, prostrate, skin, leukemia).
Native to northern Europe and grown in many regions of the world, **oregano** is recognized for its aromatic properties. Botanically it is known as *Origanum vulgare*. Its name is derived from the Greek words oros (mountain) and ganos (joy). The Greeks and Romans used it as a symbol of joy and happiness and to make laurel crowns for their brides and grooms. Oregano is also called wild marjoram since it is closely related to sweet marjoram. It has been cultivated in France since the Middle Ages and is an important herb in Mediterranean and Mexican cooking. It was brought to the US by GIs returning from the war. The two main varieties, Mediterranean (Greek, Turkish, & European) and Mexican, come from two different plants. Mexican oregano is stronger, pungent, and more like lemon verbena, which works well with spicier dishes. Mediterranean oregano world better with Italian dishes, lamb, salads, and milder dishes.
Select both fresh and dried oregano that is organically grown to insure they have not been irradiated. Fresh oregano should be vibrant green and firm. It will keep for a week in the fridge if stored in a plastic bag or a small, closed container. Dried oregano will keep fresh for six months if stored in a sealed glass jar, in a cool, dark, and dry place.

***Simply Organic,* USA http://www.simplyorganic.com/ 1 800 437-3301**