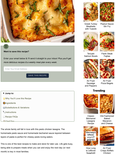
Pasta Sauce

Yield: 4 Cups Prep Time: 10 min Cook Time: 30 min Total Time: 40 min

Author: Kim Lawson Difficulty: Easy

This **Pasta Sauce** recipe is a family favorite at mealtime because, having a jar of homemade pasta sauce on hand makes it easy to put together a quick and tasty meal.



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About Kim Lawson

Hi, I'm Kim! I'm the mom, wife, and chef behind Our Little Kitchen. I love creating simple, family-friendly recipes that bring people together around the table. My goal is to make cooking feel fun and approachable, so you can spend more time with your family and less time stressing over dinner.

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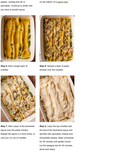
Tags

- Tag: Pasta
- Tag: Pasta Sauce
- Tag: Tomato
- Ingredients: Vegetables
- Tomatoes
- Vegetarian

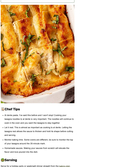
Ingredients

- 2 lbs. Roma tomatoes
- 1 medium yellow onion, quartered
- 1 medium carrot, peeled, cut into 1 inch chunks
- 1 medium celery stalk, cut into 1 inch chunks
- 1 medium bell pepper, cut into 1 inch chunks
- 1 cup fresh basil, chopped
- 1 cup fresh parsley, chopped
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon sugar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 cup water

Instructions



Step 1 Place the tomatoes in a large pot. Add the onion, carrot, celery, bell pepper, basil, parsley, Italian seasoning, salt, pepper, sugar, olive oil, butter, and water. Bring to a boil over medium heat, stirring occasionally. Reduce heat to medium-low and simmer, uncovered, for 15 minutes until tender.



Step 2 Blend using an immersion blender, or transfer in batches to a blender or food processor. Blend until smooth. Return to the pot and simmer for 5 minutes to thicken and let the flavors develop further.

Step 3 Ladle into jars or bowls and enjoy!

Step 4 Let cool completely before storing. Refrigerate for up to 5 days or freeze for up to 3 months.

Step 5 Serve over pasta with your favorite toppings, such as meatballs, sausage, or a simple sprinkle of Parmesan cheese. Your guests will never know it came from a jar!

Step 6 Pour the remaining sauce into the jars, leaving 1 inch of headspace. Wipe the rims clean, seal with lids, and process in a boiling water bath for 35 minutes (adjust for altitude).

Step 7 Let the jars cool on a towel for 24 hours. Check the seal by pressing the center of the lid. If it doesn't pop back down, the jar is sealed. Label and store in a cool, dark place for up to 12 months.

Recipe FAQs

- Can I freeze this sauce? +
- Can I use a food processor instead of a blender? +
- How long should I simmer the sauce? +

Tips

- Extra Flavor: For a richer flavor, add a Parmesan rind to the pot while simmering. It will soften and add a savory depth to the sauce. Remove it before blending.
- Low Carb: This is already low in carbohydrates and keto-friendly. Adding bell pepper and onion keeps it hearty without adding extra carbs.
- Thickening: If you prefer a thicker sauce, simmer longer before blending, or add a tablespoon of tomato paste during the last 5 minutes of cooking.
- Storage: Store in glass jars or freezer-safe containers. Leave headspace when freezing to prevent cracking.

Serving

Serve over pasta, spaghetti squash, or zucchini noodles. Top with meatballs, sausage, or a simple sprinkle of Parmesan cheese.

Storing & Reheating

Refrigerate: Store in an airtight container for up to 5 days.

Freeze: Freeze in jars or freezer bags for up to 3 months. Thaw overnight in the refrigerator before reheating.

Reheating: Reheat on the stovetop or in the microwave until warm. Add a splash of water if the sauce has thickened too much.

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Recipes

PESTO CHICKEN LASAGNA

Author: Kim Lawson

Prep Time: 15 min Cook Time: 1 hour Total Time: 1 hour 15 min

Servings: 8 servings

Difficulty: Medium

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EQUIPMENT

- 13x9 Baking Dish
- Mixing Bowl
- Cutting Board
- Chef's Knife

INGREDIENTS

- 1 lb. Ground Chicken
- 1 cup pesto (divided, 1/2 cup)
- 1 tbsp. Olive Oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. salt and black pepper, to taste
- 1 cup ricotta cheese
- 2 cups shredded mozzarella, divided
- 1 cup shredded Parmesan, divided
- 1 cup fresh basil, chopped
- 1 cup fresh parsley, chopped
- 1 lb. lasagna noodles (about 12 noodles)
- 1 cup water

INSTRUCTIONS

PREPARE SAUCE

- Brown the ground chicken in a large pan over medium-high heat, breaking into pieces. Drain any excess grease if needed.
- Add the olive oil, garlic powder, onion powder, salt and pepper, and 1/2 cup of pesto. Stir to combine and let simmer for 2 minutes.

PREPARE FILLING

- Mix the ricotta, 1 cup of mozzarella, 1/2 cup of Parmesan, and the remaining pesto in a bowl. Add fresh basil and pepper to taste.

ASSEMBLE

- Spread 1 cup of water on the bottom of a 13x9 baking dish to prevent sticking.
- Layer the lasagna noodles, chicken sauce, ricotta mixture, and the remaining mozzarella and Parmesan.
- Repeat layers if time or ingredients allow, ending with sauce and cheese on top.

BAKE

- Cover with foil and bake at 350°F for 45 minutes.
- Uncover and bake for 15 minutes more, or until bubbly and golden.
- Let rest for 10 minutes before slicing and serving.

NOTES

- Make ahead: Assemble the lasagna and cover tightly. Refrigerate for up to 24 hours before baking.
- Freezer friendly: Freeze unbaked lasagna for up to 3 months. Thaw overnight in the fridge before baking.
- Leftovers: Store in an airtight container for up to 4 days. Reheat in the oven or microwave.
- Low carb: Use zucchini noodles instead of lasagna noodles for a lighter version.
- Cheese blend: Feel free to swap in your favorite cheeses, such as provolone or fontina.
- Pesto: Use your favorite pesto, homemade or store-bought.
- Ground chicken: Ground turkey or beef can be used instead.
- Spinach: Add a layer of spinach between the noodles for extra veggies.
- Rest time: Let the lasagna rest for 10 minutes before slicing for cleaner pieces.

NUTRITION

Calories: 710 kcal | Carbohydrates: 55g | Protein: 45g | Fat: 35g | Saturated Fat: 16g | Cholesterol: 145mg | Sodium: 1180mg | Potassium: 1150mg | Fiber: 4g | Sugar: 8g | Vitamin A: 1250IU | Calcium: 1000mg | Iron: 4mg

Nutrition facts are calculated using ingredients and standard serving sizes. Actual values may vary depending on brands and preparation.

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