

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Mom's Gravy

INGREDIENTS:

- | | |
|---|-----------------------|
| 1 (28oz.) can crushed tomatoes | 1 onion - cut in half |
| 1 (6oz.) can tomato paste | 1 large carrot |
| 2 "swirls around the pan" of Extra Virgin Olive Oil | 2 stalks celery |
| 2 Tbs. dried basil | 1 Tbs. garlic powder |
| 1 Tbs. dried parsley* | 1/4 cup water |
| 1 Tbs. oregano | |
| 1 Tbs. onion powder | |
| salt and pepper to taste | |
| Optional: 3-4 cloves finely minced garlic** | |



* this is debatable, I add dried parsley, but as I am writing this recipe now, my Mom is reprimanding me saying that parsley DOES not go in the sauce – only in the meatballs (and oregano NEVER goes into the meatball mix!)

**Chef Nance does NOT use fresh garlic, only garlic powder, I use both.

DIRECTIONS:

- ♥ In a pot over med-high heat, drizzle two good "swirls" of EVOO, add the onion, carrot, and celery and sauté for a few minutes.
- ♥ Then add all the remaining ingredients. My Mom likes to "clean out" the crushed tomato and tomato paste cans with about 1/4 cup of water, pouring and swirling the water between the two cans to get out all the sauce, then she adds the "watery-tomato sauce" (for lack of a better term lol) to the pot of gravy.
- ♥ If you are keeping this meat-free, bring to a boil then reduce heat to low, cover with lid, and allow to simmer for about 1 hour.
- ♥ If you are adding meat (meatballs, sausage etc.) she cooks the gravy all afternoon, for about 4-5 hours...so if you are adding meatballs, sausage or brasciole, just quickly brown them on the stove top and put them partially cooked in the sauce. They will finish cooking in the sauce - hence the reason for cooking all afternoon. ☺
- ♥ Serve over your favorite pasta and enjoy!

Compliments of Eat Your Heart Out Edibles

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