

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's "Creamy" Sun-dried Tomato Sauce

INGREDIENTS:

- 1 can full-fat coconut milk
- 2 TBSP dried thyme
- 2 cloves minced garlic
- 1 tsp onion powder
- Salt and pepper to taste
- 1 (12 oz.) can sun-dried tomatoes (in oil), pureed in a blender or food processor



DIRECTIONS:

- ♥ In a small pot over a medium-low heat, bring the coconut milk through the salt/pepper to a light boil.
- ♥ Once boiling, lower heat and let simmer. Allow the coconut milk to reduce by about 1/3; this should take close to 10 minutes.
- ♥ Add the pureed sun-dried tomatoes and allow to cook for about 5 more minutes. If you want to be daring and not 100 % Paleo/dairy-free, at this point add about 1/4 cup of grated Parmesan cheese - not necessary, equally as delicious without, but super scrumptious with of course!
- ♥ Pour on top of the cooked chicken, fish or tofu! Also double the sauce and serve over a bowl of pasta, spaghetti squash or "Zoodles" for a yummy pasta sauce!

Compliments of Eat Your Heart Out Edibles

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