

## **Tomato Sauce - from Liz**

- 2 lbs very ripe tomatoes, cut into quarters
- 1 onion, cut into quarters
- 5 garlic cloves, roughly chopped
- 1 carrot, cut into 4
- 2 t of the best sea salt (key ingredient)
- freshly ground pepper
- 1 T fresh thyme
- 1 t sugar
- olive oil

Line a pan with parchment. Put everything in a single layer. Sprinkle with salt, pepper and a generous amount of olive oil. Bake 50-60 minutes at 350F.

Toss everything into a large pot and blend with a hand-held blender. Simmer on low for 30 minutes.

Run through a food mill for a smoother sauce, or not if you prefer the texture as is. Add a little thyme and a teaspoon of sugar to cut the acid in the tomatoes.