



# Tomato Coulis

A versatile, thick French sauce

Makes 4 servings ~ \$3.20 (\$.80 per serving)

## *Ingredients*

- 2 cups onions, diced
- 2 cups tomatoes, stems removed, roughly chopped
- 2 cloves garlic (to taste) minced
- Red wine (approx. 1/2 cup)
- Salt and pepper to taste

## *Directions*

1. Sauté the onions, tomatoes and garlic.
2. Add salt and pepper
3. Deglaze with wine and reduce.
4. Puree and strain.
5. Season with lemon juice, salt, pepper or sugar as needed.

*Recipe courtesy of Patrick Lambert, Cowgirl BBQ*

More tips & recipes at [www.localorganicmeals.com](http://www.localorganicmeals.com)