

Prep time: 5 minutes Cook time: 20-30 minutes

Yield: 2-1/2 cup servings

Ingredients:

1 pound fresh ripe tomatoes
1 medium onion
1 red bell pepper
3 cloves garlic
1/3 cup extra-virgin olive-oil
To taste fresh herbs (such as basil, parsley, and/or cilantro)
Salt to taste

Steps:

Finely chop all ingredients (except oil and salt).
Heat oil in a large skillet and add everything at once to the pan. Cook 20-30 minutes over medium heat, stirring occasionally. Let cool, then refrigerate or freeze.

Note: This base recipe can be multiplied, or modified with different herbs and spices to transport it across the globe.