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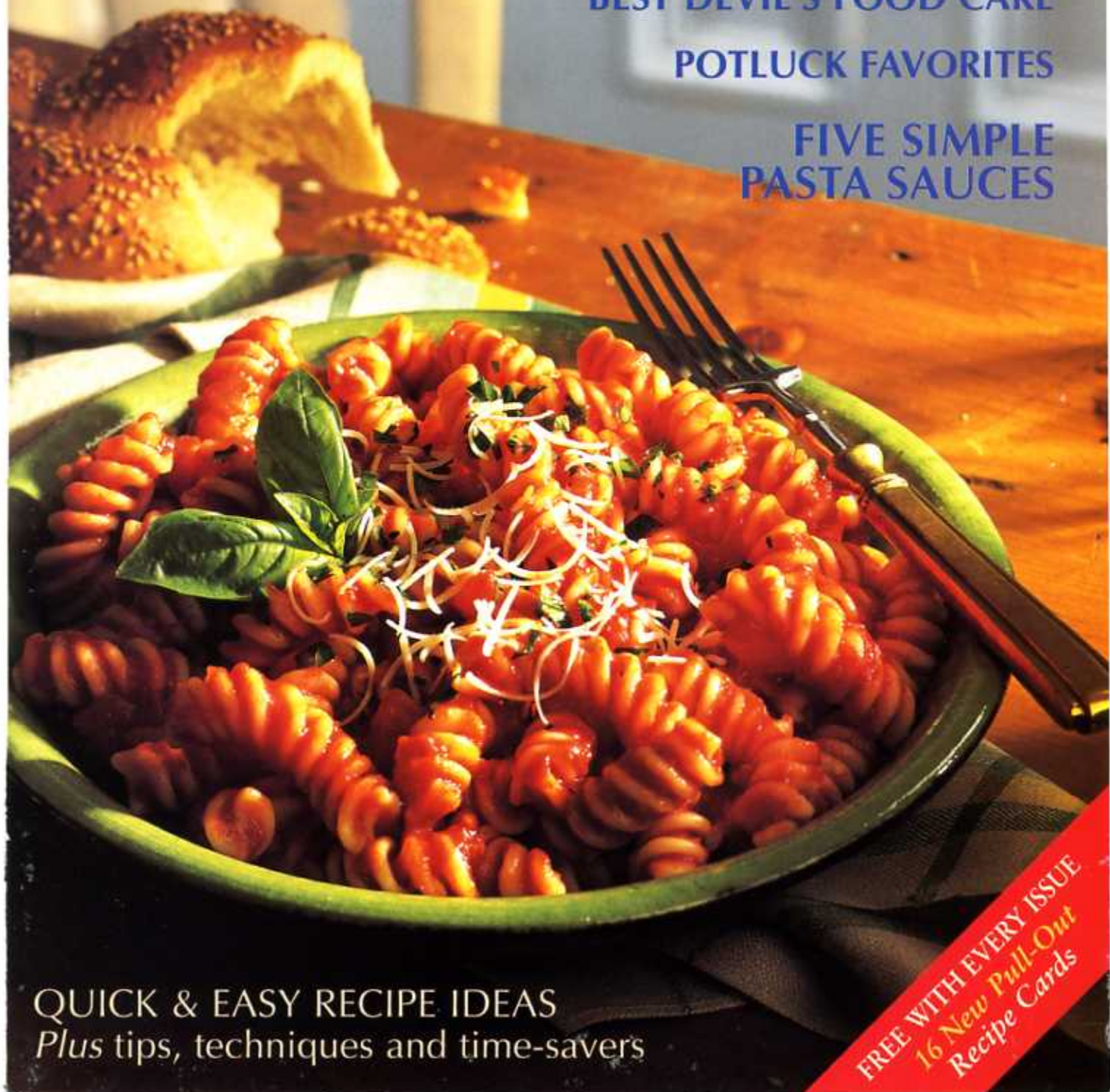
Great American HOME COOKING

Made Easy

BEST DEVIL'S FOOD CAKE

POTLUCK FAVORITES

FIVE SIMPLE
PASTA SAUCES



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5 ways with Tomato Sauce

A WEEK'S WORTH OF EASY MEALS • BY DAVID MCCANN

BIG BATCH OF BASIC SAUCE

Prepare the Basic Tomato Sauce in the recipe below—it makes four quarts and gives you a jump-start on five different delicious pasta meals! Use some plain (as shown below, tossed with fusilli) or continue with Steps 3 and 4 in any of the variations. You'll need two to three cups of basic sauce to nicely coat a pound of pasta (serves four to six).

TIME TO PREPARE: 15 MINUTES

TIME TO COOK: 2 HOURS 15 MINUTES

- ◆ 2 large onions, finely chopped
- ◆ ½ cup olive oil
- ◆ 16 garlic cloves, smashed or sliced
- ◆ 4 cans (35 ounces each) or 5 cans (28 ounces each) crushed tomatoes
- ◆ 1 can (6 ounces) tomato paste
- ◆ 1 tablespoon each salt and pepper

1 In a 6-quart dutch oven, cook the onions in the oil over medium heat until soft, about 10 minutes. Stir in the garlic and cook 5 minutes longer, or just until fragrant and softened.



2 Stir in the crushed tomatoes, tomato paste, salt and pepper. Simmer over medium-low heat, stirring often, until the sauce thickens, 1½–2 hours.

❄ *Freeze it!* Pack extra tomato sauce in pint- or quart-size plastic containers. Refrigerate for up to 1 week or freeze for up to 4 months.



SOUTHWESTERN BOW TIES

- ◆ 1 tablespoon chili powder
- ◆ ½ tablespoon oil
- ◆ 1 cup each diced zucchini and bell pepper, and tiny cauliflower florets
- ◆ 1 can (16 ounces) black beans
- ◆ 2 cups Basic Sauce
- ◆ 1 cup frozen corn
- ◆ 1 pound bow-tie pasta, cooked
- ◆ Shredded cheddar cheese for serving

TIME TO PREPARE: 15 MINUTES

TIME TO COOK: 15 MINUTES

PER SERVING: 414 CAL; 16G PROTEIN; 5G FAT (1G SATURATED); 456MG SODIUM; 78G CARB.

3 In a large saucepan, stir the chili powder in the oil for 1 minute over medium heat, taking care not to let it burn. Add the zucchini, bell pepper and cauliflower and cook until softened, 5–7 minutes.

4 Rinse and drain black beans and add along with the Basic Sauce and corn. Bring to a simmer. Toss with the pasta. Serve with cheddar cheese.





SAUSAGE AND MUSHROOM RIGATONI

- ◆ 1 pound sweet or hot Italian sausage, removed from casings
- ◆ 10 ounces mushrooms, coarsely chopped
- ◆ 3 cups Basic Sauce
- ◆ 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- ◆ 1 pound rigatoni pasta, cooked

TIME TO PREPARE: 10 MINUTES

TIME TO COOK: 30 MINUTES

PER SERVING: 734 CAL; 28G PROTEIN; 33G FAT (11G SATURATED); 1213MG SODIUM; 81G CARB.

3 Place the sausage in a large skillet over medium heat. Cook, breaking the meat apart with a spatula, until lightly browned, 12–15 minutes. Add the mushrooms and cook until soft and browned, about 10 minutes.

4 Stir in the Basic Sauce and rosemary. Stir occasionally until hot. Toss with the rigatoni.

PENNE WITH CREAMY TOMATO SAUCE

- ◆ 3 cups Basic Sauce
- ◆ ¼ cup half-and-half
- ◆ ½ cup finely shredded fresh basil or coarsely chopped parsley
- ◆ 1 pound penne pasta, cooked
- ◆ Parmesan cheese for serving

TIME TO PREPARE: 5 MINUTES

TIME TO COOK: 10 MINUTES

PER SERVING: 454 CAL; 15G PROTEIN; 9G FAT (3G SATURATED); 564MG SODIUM; 80G CARB.

3 In a large skillet, bring the Basic Sauce to a simmer over medium heat. Stir in the half-and-half. Heat through, stirring occasionally.

4 Add the basil and penne and toss. Serve with Parmesan cheese.

SIMPLE SEAFOOD LINGUINE

- ◆ 1½ pounds seafood (cleaned shrimp and/or sea scallops)
- ◆ 1 tablespoon oil
- ◆ ¼ cup white wine (optional)
- ◆ 2 cups Basic Sauce
- ◆ 2 tablespoons chopped fresh tarragon or 2 teaspoons dried
- ◆ ½ pound linguine, cooked

TIME TO PREPARE: 10 MINUTES

TIME TO COOK: 15 MINUTES

PER SERVING: 475 CAL; 41G PROTEIN; 9G FAT (1G SATURATED); 719MG SODIUM; 54G CARB.

3 In a large skillet over medium heat, stir the seafood in the oil for 2 minutes. Add the wine and cook for 1 minute more.

4 Add the Basic Sauce and tarragon and cook, stirring occasionally, until piping hot. Toss with the pasta and serve.

