

# Food Processing: Tomato Sauce

## How Do I Grow Tomatoes?

- Tomatoes grow on plants. In the spring, seeds are planted in the soil.
- Tomato plants need between 6 and 8 hours of sunshine.
- When tomatoes turn to a red color, they can be picked.



## How are Tomatoes Processed?

- Deep red tomatoes are used to make sauce.
- Once sorted, tomatoes are washed with water. Next, they are cored, crushed, and sent through a pulping machine to remove seeds and skin.
- The tomato pulp is cooked with different spices, such as onion, garlic, sugar, salt or vinegar.
- After cooked, the sauce is put into clean containers such as a jar. To kill bacteria and make the sauce safe to eat, it is heated in a process called pasteurization.
- Finally, the containers are labeled and sent to a grocery store near you!



## Home-made Tomato Sauce

### Ingredients

8 tomatoes  
1 tablespoon vegetable oil  
1/2 cup onion, chopped  
1/2 cup green pepper, chopped  
1/4 cup carrot, shredded  
1/2 teaspoon oregano  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
Pepper to taste

### Directions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.