

# Bella's North Indian Tomato Sauce

*Serve with Bella's Coriander Lemon Chicken and Sautéed Kale/ Spinach*

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2 cups diced red onion

5 tablespoons olive oil

6 minced garlic cloves

2 cups San Marzano tomatoes  
(or other low acidity tomato)

2 teaspoon minced ginger

1 teaspoon organic cinnamon

1 teaspoon cumin seeds

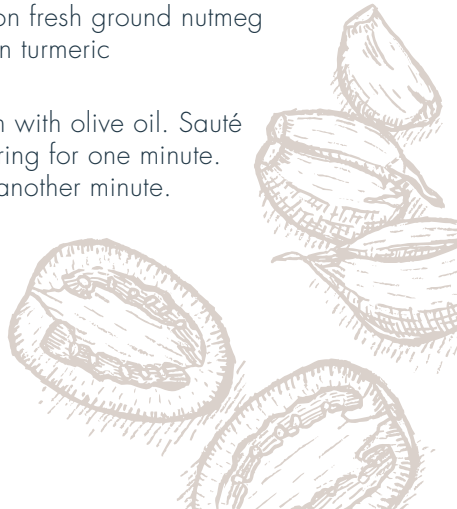
¼ teaspoon fresh ground nutmeg

1 teaspoon turmeric

Add cumin seeds and onions to heavy bottom saucepan with olive oil. Sauté on medium heat for 13 minutes, add minced ginger stirring for one minute. Reduce heat to low and add minced garlic, stirring for another minute.

Immediately add crushed San Marzano tomatoes and turmeric, sauté on medium heat for 25 minutes, stirring regularly.

When tomatoes have reduced significantly, into a thick luscious sauce, add cinnamon, nutmeg and chili flakes, cooking on reduced low heat for a final 5 minutes.





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RECIPES BY CHEF BELLA SANGAR

