



# Mexican Puree de Tamate (Tomato Puree)

## Ingredients

- 3 tomatoes, chopped into 4 pieces
- 1/2 red onion, chopped into 4 pieces
- 2 cloves garlic
- Water
- Salt and Pepper



## Instructions

- Put the tomatoes, onion and garlic in a medium saucepan with enough water to cover all vegetables. Bring to a boil and simmer until the vegetables are tender
- Take the vegetables out of the water and place in a blender jar. Add the salt and pepper and process until smooth
- This tomato puree is used in many dishes. If you are using it fresh, use as is. If you will be freezing it, first boil the tomato puree and then freeze



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Accompaniment, vegetarian, vegan, GF, healthy, inexpensive and quick and easy to prepare