

Tomato Chipotle Sauce

Serves 4

Add at least a dozen Chicken-Apple Sausage Cilantro Albondigas to the finished sauce and simmer for 10 minutes. Serve as an appetizer or in a sandwich.

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 28-ounce can crushed tomatoes

- 2 tablespoons pureed chipotle en adobo from can + more to taste

Instructions: Heat olive oil in a large skillet over medium heat. Add onions and saute for 5 minutes, or until translucent. Add garlic at the last minute. Add tomatoes, 1 cup water and pureed chipotle to the skillet. Simmer 20 minutes, or until sauce no longer tastes raw, stirring frequently.

Per serving: 119 calories, 4 g protein, 18 g carbohydrate, 4 g fat (0 saturat-

ed), 0 cholesterol, 346 mg sodium, 4 g fiber.



Wine pairing: This zippy, slightly smoky chipotle sauce gives a kick to the meatballs. A soft, fruity medium-bodied red wine won't be steamrolled by the intense sauce. Try a Dolcetto or Grenache, which is called Garnacha in Spain. The Spanish 2007 Tapeña Garnacha (\$12.50) works beautifully, accentuating the spice in both wine and food without a bump of chile heat.

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