

# *Fish with Roasted Tomato Sauce*



Cut fish to desired serving sizes. Place fish in a greased baking pan for the oven or a foil packet for the grill. Cover each serving of fish liberally with sauce and parmesan cheese. Bake in a preheated 350° oven or on a medium-hot grill 15-20 minutes or until fish is no longer opaque and reaches an internal temperature of at least 135°.

## **INGREDIENTS:**

- 1 pound bottom fish
- 2 cups Roasted Tomato Sauce
- 1/2 cup shredded parmesan cheese

## **ROASTED TOMATO SAUCE**

- 3 pounds tomatoes (any size or variety will work)
- 1 large onion, sliced
- 8-10 cloves garlic
- 1 teaspoon sea salt
- 1 teaspoon fresh ground black pepper
- 3 tablespoons olive oil
- 1 cup fresh basil, optional

Place onions and garlic in the bottom of a 9" x 11" casserole pan. Cut tomatoes in half and place on top of the onions and garlic. Add salt, pepper and oil. Place in a 325° oven and roast 1 hour. Stir mixture and reduce temperature to 300°. Continue roasting until most of the liquid has evaporated, check every 20 minutes. The longer tomatoes roast, the sweeter they become. Serve as is if you like a lot of texture in your sauce or use a stand or hand blender to puree mixture. Add fresh basil if desired.