



Sardines in Tomato Sauce

Ingredients:

2 cans Sardines in Tomato Sauce (~15oz. each can)
2 tbsps. of Tomato Paste
½ tsp. of Seasoned Salt
½ - 1 tbsp. of Butter
½ - 1 small Onion, sliced
Haitian Hot Sauce/"Piman" (optional)

2 tbsps. of Vegetable Oil
1 cup of Water
½ tsp. of Garlic Powder
½ cube of Maggie Chicken Bouillon Cube
½ - 1 bell pepper, sliced (any color of your choice)

Directions:

1. In a sauce pan on medium heat, add 2 tbsps. of vegetable oil and 2 tbsps. of tomato paste. As it comes up to temperature, stir the tomato paste to break it apart in the oil. Continue to stir frequently and sauté on medium heat for about 3 - 4 minutes so that the tomato paste cooks down and develops a deep red color. Take care for it not to burn or turn black!
2. Add ½ cup of water and briskly stir to fully dissolve the tomato paste clumps. Allow it to come up to a simmer.
3. Add another ½ cup of water to the pan. Stir and return to a simmer.
4. As it comes up to a boil, add ½ of a Maggie chicken bouillon cube, ½ tsp. of seasoned salt, and ½ tsp. of garlic powder. Continue to stir to fully incorporate the seasonings as it simmers/boils.
5. Add ½ - 1 tbsp. of butter. Mix well until it melts in the sauce. Add in as much or as little of Haitian hot sauce/piman (or any hot sauce of your choice) if desired.
6. Add in both cans of sardines (juices and all). Let it return to a boil to heat the sardines through, about 3 – 5 minutes, stirring occasionally. Sample the liquid and add salt to taste if needed.
7. Once the sauce has reached a preferred consistency and the flavor is to your liking, add in your sliced onions and bell peppers, then turn off the heat. Stir the onions and bell peppers in the sauce to allow them to absorb some of the flavor, about 2 minutes. Your sauce is ready to accompany your meal.