

Quick Romesco Sauce

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Start to Finish Time: 30 minutes

This garlicky Spanish sauce is delicious over baked potatoes, veggie burgers and roasted vegetables. It can also be used as an appetizer dip or a sandwich spread.

1 large dried ancho chile
2 tablespoons olive oil, divided
1/2 cup red onion, chopped
1 teaspoon sweet paprika
1 pimiento, drained and chopped
4 cloves (2 teaspoons) garlic, minced
1/4 cup low-sodium vegetable broth
1 can (15 oz) diced tomatoes
1 slice whole-grain bread
1/4 cup sliced almonds, toasted
2 1/2 teaspoons sherry vinegar

Place the ancho chile in a small bowl and cover with boiling water. Soak for 10 minutes or until soft. Drain, remove the stem and seeds and thinly slice.

Heat one tablespoon of oil in a skillet over medium heat.

Add the onion, paprika and ancho chile. Saute' for 6 minutes or until the onion turns golden.

Add the pimiento and garlic, then the broth. Cook for 2 to 3 minutes.

Stir in the tomatoes and their juice. Tear the bread into small pieces and add to the skillet along with the almonds. Reduce the heat to medium-low and simmer 10 to 12 minutes.

Stir in the vinegar and remaining one tablespoon of oil.

Season with salt and pepper, if desired.

Transfer the mixture to a food processor and pulse until chunky-smooth.

Yield: 2 cups

Per Serving (excluding unknown items): 646 Calories; 49g Fat (64.0% calories from fat); 15g Protein; 47g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 248mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 9 Fat; 0 Other Carbohydrates.