

Zucchini with Bacon and Tomato Sauce

Preparation and cooking time: 35 to 45 minutes

Cook temp: Low simmer

Yield: 3-4 servings

Ingredients: 4 strips of bacon, diced
4 medium tomatoes, diced
2 small to medium onions, chopped
3-4 medium zucchini
1 tablespoon sugar
¼-½ teaspoon salt
2 tablespoons water



Preparation:

Dice the bacon and chop the onions. While the bacon and onions are frying, trim and dice the tomatoes. While the sauce is simmering, trim the ends of the zucchinis, and halve lengthwise.

Cooking instructions

Fry the bacon and onion until the bacon is crisp. Add the tomatoes, sugar, salt and water, and simmer uncovered for five minutes.

About five minute into the simmering of the sauce, add the zucchini to the boiling salt water, and boil for 10 minutes or until just tender.

Drain the zucchinis and place on serving dish. Spoon the sauce on top of the zucchinis and serve hot.

Notes:

This dish is best served as described; the ingredients could be prepared in advance, but actually prepared 1-3 servings at a time. The sauce should be able to be prepared in double, but the zucchini is best cooked in small amounts at a time. This dish is best served fresh and hot, although it can be kept in the fridge and reheated in the microwave for lunch the next day.

History/Anecdotes:

This is a simplified version of the same recipe by Phillis Kahn, a member of my church who submitted it for our church cookbook in 1996; I finally tried it in late 2008, and it has been a favourite since.

This seemed to be a restaurant quality dish from the outset. During a visit to an Italian restaurant, a similar but simpler dish was served to my mom.