

Fresh Tomato Marinara Sauce

Makes about 6 cups

3 Tbsp	extra virgin olive oil
1	yellow onion, chopped
4 cloves	garlic, peeled and thinly sliced
1/4 cup	red wine or low sodium beef broth (vegetable broth if vegetarian)
8 cups	tomato chunks
1 teaspoon	dried oregano
pinch	red pepper flakes
small bunch	fresh basil, chopped
	salt and pepper to taste

1. In a large saucepan, saute onion in olive oil over medium heat until softened, about 7 minutes. Add garlic and saute 1 minute longer. Add wine and simmer until liquid has evaporated, making sure the garlic doesn't burn. Stir in tomatoes and a pinch of sea salt.
2. Add oregano and red pepper flakes. Reduce heat to low and cover for 15 minutes. Covering will help the tomatoes to "sweat" and break down more quickly. Uncover and cook over low heat, stirring occasionally for about one hour.
3. Use an immersion blender to carefully puree the sauce. If you don't have an immersion blender, let the sauce cool slightly and then very carefully puree in a regular blender.
4. Add the basil. Continue to simmer another 30 minutes. Season to taste with salt and pepper.

Optional additions: Stir in a small handful of grated Parmesan cheese or a drizzle of balsamic for more flavor.

NOTE: If you would like more heat add a jalapeño, or for smoky richness a roasted chipotle pepper.

Recipe from:

<https://www.yummymummykitchen.com/2014/08/how-to-make-marinara-sauce-with-fresh-tomatoes.html>

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