



RECIPES

Marinara Sauce

Chef Cindy McClure, CC, Tutto Sorrisi

Directions:

[View the Video](#)

1. If using canned tomato product pour into bowl and crush tomatoes with your hands. Reserve
2. In the pot that you will be cooking the sauce in, add the EVOO, Onion, Garlic, (carrot if desired)
3. Sauté over medium heat. When garlic sizzling (do not brown), add tomatoes, some water ½ c.
4. Add seasonings (parsley, red pepper flakes, oregano, salt. Stir.
5. Place the basil in leaves on the top of the sauce. Taste, Adjust, Taste.
6. Cook over medium heat for 15-30 minutes.

Ingredients:

- 1 T Extra virgin olive oil
- 1 C Yellow onion, chopped (1 onion)
- 7 cloves Garlic, chopped
- (optional: add a few carrots for sweetness and removes some of the acid)
- 1 (28-ounce) can crushed tomatoes, plum tomatoes in puree, chopped or use your frozen tomatoes
- 1/2 CbRed wine
- 1 T Flat-leaf parsley chopped fresh
- 1 T Basil (oregano if desired) chopped fresh
- 1 1/2 t Kosher Salt
- 1 t Crushed red pepper (optional)
- 1/2 t Ground black pepper, fresh

