



Marinara Sauce

By Thom Kotch

This simple sauce is a delicious topping to whole wheat pasta or can be used as a base for other dishes calling for tomato-based sauces.

2 ½ cups

Prep Time: 5 minutes

Cook Time: 40 minutes

Storage: Refrigerate for up to 1 week.

Type of Dish: Sauces & Condiments

Ingredients

- 2 28-ounce cans whole peeled plum tomatoes
- 2 tablespoons extra virgin olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 12 basil leaves, cut into thin strips
- 1 tablespoon chopped fresh parsley
- salt & freshly ground black pepper
- 2 teaspoons honey

Instructions

Puree 1 can of tomatoes in a blender or food processor. Crush the other tomatoes against the can with the side of a spoon.

Heat the oil in a medium pot over medium heat. Add the onions and sauté until translucent, about 5 minutes. Add the garlic and sauté 1 minute more. Add the tomatoes and bring to a boil. Lower the heat and simmer, partially covered, for 25 minutes. Stir in the basil, parsley, and a sprinkling of salt and pepper. Simmer 5 more minutes, then taste and add more salt and pepper if necessary. Add up to 2 teaspoons of honey, if needed, if the sauce seems acidic.

Tips

When fresh, local tomatoes are available, use 4 pounds of seeded and chopped tomatoes in place of the canned ones.

For Candida, omit the honey.