

# MARINARA SAUCE



Yields: About 1.5 cups

## Ingredients:

- 2 Tablespoons olive oil
- 6 garlic cloves, peeled and slivered (or minced)
- 1 can crushed tomatoes (28 oz)
- 1/8 teaspoon crushed red pepper flakes (or a pinch of cayenne)
- 1 1/2 teaspoons coarse salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1 large sprig of fresh basil

## Instructions:

1. Heat oil in a large sauté pan over medium-high heat.
2. Add garlic and sauté for 1 minute, stirring frequently, until fragrant. Add in the tomatoes, red pepper flakes, salt, oregano and black pepper, and stir to combine. Add the sprig of fresh basil on top of the sauce, and use a spoon to gently press it below the surface. Continue cooking until the sauce reaches a simmer. Then reduce heat to medium-low and continue to let the sauce simmer for about 15 minutes, or until the oil on the surface is a deep orange. It will be reduced and thickened. Discard the sprig of basil, and season the sauce with additional salt and pepper if needed.
3. Remove from heat and serve immediately, or store in a sealed container in the refrigerator for up to 5 days. Or freeze for up to 3 months.