



Marinara Sauce

Ready in 30 minutes, this simple sauce is used to prepare our Lasagna, Eggplant Rollatini, Pizza and other Italian dishes where a thick red sauce is needed. To use as a pasta toss or a bottom sauce for plating, thin the sauce with low sodium V-8 Juice to the desired consistency. Store chilled in an air tight container for up to three weeks. For the best flavor, make one day in advance.

INGREDIENTS:

1 Tbsp	olive oil
1 cup	minced onion
1 Tbsp	minced garlic
½ cup	red wine
5 cups	tomato concentrate
1 tsp	dried Italian herbs (or 1/4 cup fresh oregano, marjoram, and basil)
1 tsp	dried basil (or ¼ cup fresh basil, chopped)
2 tsp	sugar (or honey)
½ tsp	sea salt
¼ tsp	crushed fennel seeds
1 cup	low sodium V-8 Juice (optional)

PREPARATION:

- Mince onion and garlic, measure remaining ingredients and reserve
- Heat a large soup pot to medium low, add oil and slowly brown onion and garlic
- Add wine and dried herbs (if using fresh herbs, reserve them to the end of the cooking process) and simmer a few minutes
- Add remaining ingredients and gently simmer 20 minutes.

Yield:	5 cups
Serving size:	½ cup
Calories:	50
Fat Grams:	1

