

Pantry Marinara Sauce

This basic marinara sauce is made from ingredients that are generally stocked in your pantry. Many store bought sauce options have added sugar which is not necessary. This recipe can be easily doubled and freezes well so you can always have some on hand.

Prep Time: 5 mins

Total Time: 35 mins

Makes: 7 cups

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried Italian herb blend
- 1/4 teaspoon red pepper flakes
- 3 tablespoons tomato paste
- 1/2 cup chicken stock or wine
- 2 cans (28-ounce) whole or diced tomatoes, with juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Heat oil in a 4-quart saucepan over medium heat. Add onion, garlic, herbs and red pepper. Cook, stirring frequently, until onions are softened and just starting to brown.
2. Add tomato paste; cook 1-2 minutes until it starts to brown. Deglaze pan with stock or wine and reduce by half. Add tomatoes; bring to a bubble and reduce heat to low. Simmer the sauce for at least 20 minutes to blend flavors.
3. Use an immersion blender to puree sauce to desired consistency. This can also be done in batches in a blender or food processor, taking care not to fill more than halfway.