

Homemade Marinara Sauce

Servings: 4

2 tablespoons extra virgin olive oil
3 cloves garlic, minced
1 can (28 ounce) whole tomatoes with juices
1 large sprig fresh basil
1/2 teaspoon dried oregano
1 teaspoon Kosher salt
1/2 teaspoon sugar
pinch red pepper flakes
grated Parmesan (for serving)
chopped basil (for serving)

Preparation Time: 5 minutes**Cook Time: 25 minutes**

In a medium, heavy-bottomed saucepan, heat the olive oil over medium-high heat. Add the garlic and saute' about 30 seconds, until fragrant.

Add the tomatoes and juices, basil sprig, oregano, sugar, salt and red pepper flakes, if using.

Bring the sauce to a simmer over medium-high heat. Then reduce the heat to medium-low. Cover and continue to simmer for 20 to 30 minutes, stirring occasionally, and using a sturdy spoon to crush the tomatoes as they cook.

Remove and discard the basil sprig. Season with additional salt and sugar, to taste. (If you prefer a smooth sauce, you can also puree' it with an immersion blender, food processor or blender until it reaches your desired consistency.

Per Serving (excluding unknown items): 66 Calories; 7g Fat (90.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 470mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.