

Marinara Sauce, Italian #2

Coal Mine Italian Restaurant

Port St Lucie News

Coal Mine Marinara Sauce

1/4 cup Olive oil

3 anchovy fillets

6 cloves garlic, chopped

1/2 large white onion, chopped

2 pkgs (3/4 oz) basil leaves, roughly chopped

2 cans (28 oz) whole peeled tomatoes with basil

Salt and fresh-ground black pepper to taste

In a nonreactive large saucepan or Dutch oven, heat the oil over medium heat. Add the anchovies and cook until they dissolve in the oil. Add the garlic and onions, and cook 5 minutes until translucent. Add the basil and tomatoes with their juices, crushing them with your hands as you add them to the pan.

Blend with an immersion blender until just a little chunky (or process in a food processor fitted with the metal blade, or puree in a blender): may have to be done in batches. Return to the pan.

Bring to a boil, reduce heat and simmer, uncovered, 1 1/2 hours. Add salt and pepper.

Yield: 5 Cups

Per Serving (excluding unknown items): 551 Calories; 55g Fat (88.6% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 445mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 11 Fat.