

## **Marinara Sauce, Italian**

Il Mulino Restaurant - Stuart

Port St Lucie News

*Il Mulino Marinara Sauce*

**2 tablespoons Olive oil**  
**1 small onion, finely chopped**  
**1 clove garlic, finely chopped**  
**1 can (28 oz) whole tomatoes (San Marzano recommended)**  
**3/4 cup Italian parsley, finely chopped**  
**1 teaspoon dry oregano**  
**2 bay leaves**  
**3 basil leaves, chopped**  
**2 teaspoons honey**  
**salt and fresh-ground papper, to taste**

In a nonreactive large saucepan, heat the oil over medium heat. Add the onions and garlic and saute' 5 minutes until the onions are translucent. Add the tomatoes, crushing them with your hands as you add them with their juices along with the parsley, oregano, bay leaves, salt and pepper.

Bring to a boil, then reduce heat and simmer, uncovered, about 1 hour until the sauce thickens.

Remove from heat, add basil and honey. Mix gently. Season with salt and pepper as needed.

Yield: 2 2/3 Cups

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Per Serving (excluding unknown items): 345 Calories; 28g Fat (68.8% calories from fat); 3g Protein; 25g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 2 1/2 Vegetable; 5 1/2 Fat; 1 Other Carbohydrates.