

Marinara Sauce

INGREDIENTS

- 3 tablespoons olive oil
- 1 medium yellow onion, diced
- 1 carrot, finely diced optional
- 1 stalk celery, finely diced optional
- 3-4 garlic cloves, minced
- 1 28 oz can crushed tomatoes without added seasonings
- 1 14.5 oz. can fire roasted diced tomatoes with liquid pureed
- ½ cup water
- 2 tablespoons tomato paste
- ½ tablespoon reduced sodium soy sauce
- 1 tablespoon dried basil or 3 tablespoons chopped fresh
- 2 teaspoons dried parsley 2 tablespoons fresh
- ½ tablespoon chicken bouillon
- ½ tablespoon sugar, more or less to taste
- 1 teaspoon balsamic vinegar or more if you like it tangier
- 1 teaspoon dried oregano
- ¼ tsp EACH dried thyme, salt, pepper, red pepper flakes
- 1 whole bay leaf

INSTRUCTIONS

1. In a Dutch oven or large pot, heat olive oil over medium heat. Add onions, carrots and celery and cook until soft, about 7 minutes. Add garlic and red pepper flakes and cook 30 more seconds.
2. Stir in all remaining Marinara ingredients, and simmer, uncovered, on the lowest heat for 15 minutes, stirring occasionally. Simmer for longer for a thicker sauce or add water to thin.
3. Taste and season with salt, pepper, sugar or balsamic if desired. Discard bay leaf.

SMOOTH SAUCE

1. For a smoother sauce, transfer sauce to the blender in batches and puree, taking care to leave a corner of the lid open so the steam can escape or else it will explode. I cover the exposed corner loosely with a paper towel.