

BASIC MARINARA SAUCE

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Makes: approximately 6 servings

INGREDIENTS

1 tablespoon olive
½ onion (about 1 cup), diced
2 cloves garlic, minced
2 ½ teaspoons dried Italian herb blend
1/3 cup red wine or apple cider
1 can (28 ounces) crushed tomatoes
1 bay leaf
1 tablespoon balsamic
½ teaspoon salt
¼ teaspoon black pepper
¼ - ½ teaspoon red pepper flakes (optional)

DIRECTIONS

1. In large pot with sides, heat oil over medium heat. Add the onion and saute until just soft and starting to brown, about 5 - 8 minutes. Add the garlic and saute 30 seconds more, until fragrant, careful not to burn.
2. Add the dried herbs, stirring to coat the vegetables; cook for 1 minute longer. Add the tomatoes, bay leaf, balsamic, salt, pepper, and red pepper flakes (if using). Stir to combine. Bring to low boil or gentle simmer. Cover pot and simmer sauce gently for 25 - 35 minutes, stirring occasionally.
4. Remove the bay leaf. Sauce is ready to serve, or may be cooled completely and refrigerated for up to 3 days. Cooled sauce may also be frozen for up to 6 months.

Serve over a favorite cooked pasta or spiralized vegetable noodles.