



Garden Fresh Farm Recipes

Marinara Sauce

It is summertime, the garden is full of tomatoes and herbs. Here is a Marinara recipe that tastes great with pasta, chicken or as an Italian sauce for pizza.

Ingredients:

2 tablespoons extra virgin olive oil
1/4 cup finely chopped onion
1/2 teaspoon sea salt
freshly ground pepper
1 bell pepper finely chopped
2 pounds fresh Tomatoes, skinned, seeded, chopped
1 teaspoons dried oregano
1 teaspoons dried thyme
1 can tomato paste
1/2 Cup red wine
1 Teaspoon red hot chili Pepper
1 cup fresh basil leaves chopped
1 tablespoon sugar (optional)



Directions:

In a large heavy pot, gently heat olive oil, onions, sea salt and a little freshly ground pepper (and the chili pepper, if using) and saute over low heat until the onions are soft, about 10 minutes.

Add Bell Pepper and saute another 5 minutes. Add the tomatoes and their liquid and break up the tomatoes with a wooden spoon.

Add the herbs, wine and sugar (optional). Simmer gently, uncovered, for about 20 to 30 minutes, until the sauce has thickened.

Puree the tomato sauce either with an immersion blender right in the pot, or transfer the sauce to a blender and puree until smooth.