

Marinara Sauce

*This recipe makes 1 serving
Each serving = 1 vegetable*

Add any spices that you prefer to this. Just measure them, and then toss in a bit of each.

Ingredients

- 100 grams tomatoes
- water to desired thickness
- basil
- parsley
- onion powder
- garlic (fresh minced)
- sea salt
- pepper

Directions

1. Fill small saucepan with a few cups of water & bring to boil.
2. Score skin of tomato in a few places with serrated knife.
3. Blanch tomato in the boiling water for 1-2 minutes.
4. Immediately transfer tomato to ice water to cool and discard boiling water.
5. Remove skin of tomato and discard skin.
6. Preheat small non-stick saucepan over MED-HI heat.
7. If want chunky sauce, crush tomato with your hands in saucepan (discard stem).
If you prefer smoother sauce, puree tomato in blender or food processor then add to pan.
8. Add garlic, onion powder, salt, pepper.
9. Bring to low boil, then immediately reduce heat to low, cover & simmer for 15 minutes, stirring often to keep tomato from sticking.
10. Turn heat up to MED.
11. Add parsley, more garlic, and basil.
12. Cook 5-10 more minutes, stirring constantly. While cooking, start adding water 1 Tbsp at a time until it reaches your desired consistency. I usually end up adding 3-4T of water.

