Marinara Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
11 (5 1/2 cups)	**1/2 cup**	**About 2 g**	**45 min / 15 min**

Ingredients

- **2 tablespoons olive oil**
- **1 medium yellow onion**, finely diced (about 1 cup)
- **2 tablespoons tomato paste**
- **8 cloves fresh garlic**, minced
- **2 cans tomatoes** (28 oz each), one crushed and one whole peeled
- **1 teaspoon dried oregano**
- **1/2 teaspoon fine salt**, plus more to taste
- **1/4 teaspoon black pepper**
- **1/4 cup fresh basil**, chopped and divided
- **1/2-1 teaspoon sugar**, optional, only if the sauce tastes too tart

Directions

1. **Soften the onion.** Heat the olive oil in a large saucepan over medium heat. Add the onion and cook **5-7 minutes**, stirring, until soft. Lower the heat if it starts to brown.
2. **Cook the garlic and oregano.** Reduce the heat to medium-low. Add the garlic and oregano with a pinch from the **1/2 teaspoon of fine salt**. Stir frequently for **about 3 minutes**, until fragrant and before the garlic browns. Stir in the tomato paste and cook for **2 minutes**.
3. **Simmer.** Pulse the whole tomatoes without their juice in a food processor to rough **1/2-inch pieces**. Add all the tomatoes and juices, **2 tablespoons basil**, remaining salt, and pepper. Simmer gently, uncovered, for **25-30 minutes**, stirring regularly, until thickened.
4. **Check the yield.** Aim for **5 1/2 cups**. If there is more, simmer a little longer. If less, add water a tablespoon at a time as needed.
5. **Season to taste.** Move the saucepan off the burner. Stir in the **remaining 2 tablespoons basil**. If the sauce tastes flat, add salt **1/4 teaspoon at a time**. If too tart, add the optional sugar **1/2 teaspoon at a time**.

Store & Reheat

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**, or freeze in **1/2-cup portions for up to 3 months**.

Stovetop:

Thawed: Thaw in the refrigerator. Warm in a saucepan over medium-low heat, stirring; add water if needed. Bring to a boil while stirring, reaching at least **165°F**.

Frozen: Put a frozen portion in a pan with a splash of water. Cover on low until melted; stir and bring to a boil, reaching at least **165°F**.