

Marinara Sauce

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Recipe from the Gourmet Italia Cooking School

Serves: 1



You need this marinara sauce to cook my favorite Gourmet Italia dishes.

Ingredients

extra virgin olive oil
1 tablespoon garlic, chopped fine
1 tablespoon chili pepper, chopped fine
3 large canned tomatoes, Italian
5 fresh basil leaves, chopped fine
1 tablespoon fresh parsley, chopped fine
sea salt, to taste

Cooking Method

Add olive oil to cover bottom of large saucepan.

1. Add garlic and chili peppers and sauté.
2. Add 3 large cans of gourmet Italia tomatoes, basil leaves, parsley, salt and boil for 5-6 minutes.
3. Tomatoes can now be cut up more easily using a whisk or electric mixer.

DO NOT add oregano.

Store in aluminum containers and do not allow to cool to room temperature.

Marinara sauce will keep up to one week in the refrigerator or six months in the freezer.