



# Noreen's Kitchen

## Light & Easy Stove Top Marinara

### Ingredients

- 1 tablespoon olive oil
- 2 cups sweet onion chopped
- 6 cloves garlic minced
- 1 – 4 ounce can, tomato paste
- 1 teaspoon Italian seasoning
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 – 28 ounce can crushed tomatoes
- 1 – 28 ounce can diced tomatoes

### Step by Step Instructions

Heat olive oil in a heavy bottomed skillet over medium high heat.

Add onions and garlic and Sautee' until onions are translucent and slightly browned or caramelized. Be careful to do this slowly or the garlic will burn giving your sauce an acrid taste.

Once onions are browned, add the seasonings and stir well. Allow these to bloom for at least 30 seconds in the oil.

Add in the tomato paste. Blend in well, mashing on the bottom of the pan. Cook out the paste for at least five minutes, stirring often to break up and loosen the paste. This will cook out the raw taste of the tomato paste and give it nice flavor. Don't brown the paste,

Add in the crushed and diced tomatoes. Stir well to incorporate. At this point the sauce should be nice and thick due to the tomato paste. Bring this mixture to a simmer, turn down the heat to medium low and cover.

Simmer for five minutes.

At this point your sauce is done. You can use it to top pasta, zucchini noodles and more. Use it as the base for Shakshuka, eggs in purgatory or to simmer chicken meatballs for a delicious low carb meal.