

Quick Marinara Sauce

Servings: About 6

RECIPE BOX

INGREDIENTS

1 TBSP OLIVE OIL
2-3 GARLIC CLOVES, SMASHED
1 14 OUNCE CAN DICED TOMATOES
1 14 OUNCE CAN STEWED TOMATOES
1 TSP DRIED OREGANO, if using fresh use more
2 TSP DRIED BASIL, if using fresh use more
1/2 TSP SEA SALT
PEPPER TO TASTE
*1/2 ONION, FINELY DICED (omit if you are in a hurry)



DIRECTIONS

In a medium to large skillet, heat olive oil over medium heat. Add garlic and saute until golden (if you are using onion, you can add at the same time as garlic, heating until translucent). Add remaining ingredients. Cover and simmer 15 minutes.

My family doesn't prefer chunky sauce. So I use a potato masher on the tomatoes. Note: if you are using fresh basil, you will want to add this after the sauce has simmered.

GF Choose gluten-free tomatoes. **V** This recipe is vegetarian as written.

Pizza Sauce

Servings: About 8

INGREDIENTS

3 -15 OUNCE CANS CRUSHED TOMATOES
3 CLOVES GARLIC, MINCED
2 TBSP EXTRA VIRGIN OLIVE OIL
1/2 MEDIUM ONION, DICED
1 TSD DRIED OREGANO
8 FRESH BASIL LEAVES, CHOPPED
1/2 CUP CHICKEN BROTH (OR BONE BROTH)

DIRECTIONS

Cook onions and olive oil in saucepan until softened. Add chicken broth and cook for 2-3 minutes. Add crushed tomatoes and seasonings. Cook over low heat for 30 minutes. If you like a thinner sauce pulse in food processor or blender until you reach desired consistency. Store in refrigerator.

GF Choose gluten-free ingredients. **V** This recipe is vegetarian as written.