

Basic Marinara Sauce

1 large onion
3 carrots
9 cloves garlic
1/2 lb fresh mushrooms
3 teaspoons olive oil
2 teaspoons dried thyme
1/2 teaspoon red pepper flakes
3 (28 oz) cans diced tomatoes
1/2 teaspoon sea salt
1 Tablespoon dried basil
1 teaspoon Italian seasoning
2 (6 oz) cans tomato paste



Dice the onion, carrot and mushrooms and mince the garlic cloves. Heat the oil in a stock pot on medium heat. Add the onion and saute for 1-2 minutes, then add the carrot, mushrooms, garlic, thyme, basil, Italian seasoning, sea salt and red pepper flakes.

Add the tomatoes and tomato paste...let it all simmer for about 30 minutes. Use an immersion blender to make a smoother sauce. Add additional seasoning to taste. This makes a great base marinara to be split into 3 meals (makes enough to serve one meal for 4 people plus freeze 2 additional meal servings).

You can add things to each portion to make different flavors (example...for one serving, add rosemary for a different flavor, for another serving, add parmesan cheese, still another, make a meat sauce with added ground beef...you get the idea).