



Classic Marinara

Serves 4

½ yellow onion, finely chopped
1 carrot, finely chopped
2 tbsp olive oil
3 – 4 garlic cloves, finely chopped
2 – 16 oz. cans of diced tomatoes (preferably no-salt)
1 tbsp brown sugar, if needed
2 tsp dried oregano
1 – 1" rind from Parmigiano Reggiano or ¼ cup grated
Kosher salt
Black pepper

In a large saucepan, heat the oil over medium heat. Add the chopped onion and carrot with a pinch of salt and cook until tender and translucent, 5 – 7 minutes. Add the garlic and cook until fragrant about one minute. Add tomatoes, sugar, oregano, and Parmigiano and allow to cook for 20 – 30 minutes. If a smooth sauce is desired, puree with an immersion blender or in a stand blender or food processor. Season to taste with salt and pepper.

When the sauce is finished, any number of ingredients can be added: sautéed mushrooms, pan seared meatballs, cooked chicken, etc.