

Fresh Tomato Marinara Sauce



Trisha's Dishes

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This is a basic marinara sauce. Add your favorite ground meat (fried to crumbles or formed into meatballs) for a meat sauce. Add ½ cup each diced mushrooms, green pepper, roasted red pepper and zucchini for a vegetarian sauce. Go crazy and add the meat and the vegetables. Simply enjoy.

Servings: approximately 12 cups

Cook Time: 1 hour

Ingredients:

- ☑ ¼ cup olive oil
- ☑ 2 medium yellow onions, chopped
- ☑ 2 tablespoons minced garlic (approximately 6 cloves)
- ☑ Prepare 15 -20 (between 2 and 3 pounds) of fresh ripe tomatoes
- ☑ A small handful of **fresh** basil and parsley –or- 2 tablespoons of **dried** herbs (basil, oregano, rosemary, thyme or an Italian Season Blend)
- ☑ ½ cup white wine
- ☑ Freshly ground salt and black pepper

Preparing Tomatoes: Core out the stem then make an “X” on the bottom of each tomato.

Blanch & Shock Tomatoes: Lower 7–10 tomatoes into pot of boiling water. Cook 15 to 30 seconds to loosen the skin. When the skin starts to wrinkle remove from boiling water and put in a bowl of ice water for 15 to 30 seconds. Place in a bowl and repeat the process until all tomatoes have been blanched (boiling water) and shocked (ice water).

Peel Tomatoes: Pick up each tomato and slide the skin off.

Seed Tomatoes: Place a strainer over a pitcher to catch the seeds and reserve the juice. Pull the tomato apart and scrape out the seeds with your fingers. Place the tomato in a bowl and repeat the process until all tomatoes have been seeded. Crush by hand the tomatoes in the bowl and when finished add the reserved juice to the bowl of peeled, seeded and crushed tomatoes.

Note: If you are using the **dried herbs** add them early. **Fresh herbs** should be toward the end of cooking.

Instructions:

1. In a **heavy** soup pot over medium heat add olive oil. Heat to medium then add onions and simmer until translucent.
2. Add half the garlic and **dried herbs** and cook for 5 minutes. Scrape pan to incorporate seasonings into the sauce.
3. Add tomatoes with their juice and salt and pepper. Bring up to a low boil then simmer for 45 minutes. Stir periodically from the center of the pan to keep the tomatoes from burning.
4. Add the wine, remainder of the garlic and **fresh herbs**. Continue to simmer for 30 minutes. Stir periodically from the center of the pan to keep the tomatoes from burning.

To Serve:

- ◇ Pour over you pasta of choice and top with fresh grated parmesan cheese.