



H3 Marinara

Ingredients:

½ teaspoon	Olive oil
1 ½ each	Onions, chopped
¼ cup	Garlic cloves
¼ cup	Sherry
½ each	Carros, peeled and rough chopped
½ each	Celery stalk, rough chopped
5 pounds	Plum tomatoes, canned
1 each	Basil, fresh on stem
1 Tablespoon	Olive oil
½ teaspoon	Salt
¼ teaspoon	Ground black pepper

Method:

- Preheat large pot with ½ teaspoon of oil
- Add garlic, onions, carrot, and celery; caramelize down as dark as possible without burning
- Pour in sherry, reduce until almost all the liquid is gone
- Add tomatoes, tomato paste, and basil. Stir together
- Bring to a simmer and cook down for at least 2 hours and until color darkens slightly (DO NOT BOIL)
- Puree with 1 Tablespoon. oil until smooth, in several batches, if necessary
- Season with salt and pepper
- Reheat and enjoy
- Store leftovers in an airtight container

Nutritional Information:

Servings: 20 | Calories: 245 | Fat: 1 gram | Sodium: 300 milligrams
Carbohydrates: 6 grams | Protein: 1 grams | Fiber: 4 grams