

Make a huge batch of this great sauce so everyone can enjoy it! It may be made ahead and frozen. If you want to serve it with meatballs, you can make, bake and freeze meatballs from the recipe for Albondigas Soup or Mom's Meatloaf. Italian Breakfast Sausage (Breakfast section) would also be excellent. Make two types of spaghetti: your favorite pasta for non-SCDers and Italian Spaghetti Squash (see recipe in Side Dishes section).

Fresh Marinara Sauce



Serves 6

- 4 Tbs. olive oil
- 1 c. finely chopped onion (opt.)
- 5 garlic cloves, minced or 5 tsp. crushed garlic
- 5 lb. fresh tomatoes, peeled and chopped*
- 8-10 tomatoes made into homemade tomato paste**
- 4 Tbs. dried tomatoes, chopped
- 3 Tbs. dried basil
- 2 Tbs. dried oregano
- 2 Tbs. ground fennel seed

****Quick Homemade Tomato Paste**
Peel and cut 8-10 tomatoes, place in a food processor and puree. Pour tomato puree onto several layers of thick paper towels and spread to $\frac{1}{2}$ inch thickness. Top with more paper towels. Allow to sit for 5 minutes, then scrape tomato paste into the pot.

Sauté onion and garlic in the olive oil in a large pot until the garlic is golden. Add tomatoes, tomato paste, dried tomatoes, basil, oregano and fennel. Bring to a boil then reduce heat and simmer for 20 -30 minutes or until desired thickness.

***Note:** To peel fresh tomatoes, cut out the core, then put them in a pot of boiling water for about 10 seconds until the skins can be peeled off. Discard skins.