



# MARINARA SAUCE

By Dr. Cindy Tanzar  
(Standard)

Looking for a recipe for all those homegrown tomatoes? Marinara Sauce is a perfect solution that doesn't contain sugar, which is in so many store-bought sauces. It is a quick and very easy sauce, seasoned traditionally with garlic, spices, herbs and crushed red pepper. Marinara can be as chunky or pureed as you prefer and is a perfect complement to zucchini noodles, grilled or roasted vegetables or even with chicken. Out of season, you can always use a quality canned tomato, like San Marzano, whether whole or diced. Depending on the size of your fresh tomato, it can equal 1-1.5 cups canned. Drain the liquid, reserving only if more is needed after cooking. This recipe yields approximately 6 cups of sauce. One cup covers your vegetable for each meal.



## INGREDIENTS

6 large red tomatoes (or 6-7 cups canned-see above)  
2 red bell peppers  
1 tsp. balsamic vinegar  
2 Tbsp. tomato paste, no added sugar



2 Tbsp. avocado oil  
2 cloves garlic, peeled  
3/4 tsp. Herbes de Provence or Italian Seasoning  
    **or** 2-1/2 tsp freshly chopped herbs; basil, thyme, oregano, etc.  
1/2 tsp. pink Himalayan salt  
1/2 tsp. ground pepper  
Crushed red pepper, to taste (1/4-1/2 tsp.)  
Can add stevia drops, if needed, to taste

## INSTRUCTIONS

Core the tomatoes and cut them into chunks. Set half of them aside. Remove the stem and seeds from the bell peppers and cut into chunks.

Put half of the tomato chunks, all of the peppers, and the rest of the ingredients into a food processor or blender. Pulse a few times to create a consistent texture, but do not puree. The mixture should remain chunky.

Transfer to a medium saucepan and add the remaining tomato. Bring to a boil and reduce to a simmer until the sauce thickens to your desired consistency (about 20-30 minutes).

Leftovers should last up to one week in the fridge.