

Oil Free Marinara

This marinara is ready in 30 minutes and costs about 1/3 of the price if you were to buy it in a jar.

Prep:
5 minutes

Cook:
25 minutes

Ready In:
30 minutes

Servings:
6



Ingredients

2 cloves garlic, minced
1 yellow onion, diced
1 28 ounce can diced tomatoes
1 tbsp Italian seasoning
1 tbsp dried basil
1 tsp ground cayenne (optional)
salt & black pepper to taste

Instructions

- 1** In a large saucepan over medium heat add 2-3 tbsp of water, your onions and minced garlic and saute for 5 minutes until fragrant.
- 2** Next add in your diced tomatoes, Italian seasoning, basil and optional cayenne. Bring to a boil, reduce heat to a simmer and cook for 20 minutes. The sauce should thicken during this process and the water from the tomatoes evaporates.
- 3** Add salt and black pepper to taste and store in fridge for up to 5 days or freeze for up to 4 months. This sauce is best fresh! Pour over noodles for pasta, over pizza dough for a great fresh pizza or use as a delicious dipping sauce.