

## Marinara Sauce

½ red onion, small dice  
3 cloves garlic, finely sliced  
2 t fresh oregano  
1 t tomato paste  
1 28 oz can crushed tomatoes  
1 carrot, washed and grated, skin on  
½ C extra virgin olive oil  
salt and pepper

Heat the extra virgin olive oil to medium hot and add the carrots. Cook till browned, stirring often. Add the onions and cook till they turn brown also. Stir frequently. Add the garlic. Cook until you smell the aroma then add the tomato paste and oregano. Cook until you smell the tomato and oregano then add the can of crushed tomatoes. Stir to mix well and make sure nothing is sticking to the bottom of the pan.

Under a low stream of water, wash down the insides of the can of tomatoes and add that tomato water to the pan. Bring the sauce to a boil and reduce to a simmer.

Cook on simmer for about 30 minutes or until the flavor develops to your preference. If the sauce gets too thick, add a quart cup of water.

When you've obtained your consistency and flavor preferences, check the seasoning. Allow the sauce to cool enough that you don't burn your fingers and place it in a container. Label and store. The sauce should be used within a week or frozen.