



Arrabbiata Sauce

DO NOT MAKE THIS SAUCE IF YOU CAN'T TOLERATE SPICY FOOD!

Are you one of those crazy people who's always loved spaghetti with marinara sauce, while also wondering what it'd be like to replace it with liquid magma? Well, boy, do I have a sauce for you!! Arrabbiata sauce means 'angry' sauce. Why angry? Because it'll melt your face off. I made mine with 3 tsp of red pepper flakes... so I'm currently waiting by the window, for the ambulance.

Ingredients:

- olive oil cooking spray, 6-8 second spray
- 1 cup diced onion
- 4 medium garlic cloves, crushed and minced
- 2 to 3 tsp crushed red pepper flakes
- 3 Tbsp white wine (or chicken broth, you do you)
- 45 oz canned, crushed tomatoes (I used (1) 30 oz and (1) 15 oz can.
- 2 Tbsp italian seasoning
- 1 tsp 0 point sweetener o' choice
- 1/2 tsp salt

Serving Info.:

Yields: 5-1/2 cups
 Servings: 5 (plus change)
 Serving Size: 1 cup



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*- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Directions:

1. Heat a medium sized pot over medium heat. Spray with olive oil cooking spray, then add the onions, garlic and red pepper flakes. Cook for 3-4 minutes, till onions soften.
2. Pour in the wine (or broth) and cook for 2 minutes, till liquid is reduced by half.
3. Add the crushed tomatoes, Italian seasoning, sweetener and salt. Mix till well combined.
4. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes. Done.

Notes:

- THIS SAUCE IS SPICY!!!!: If you can't tolerate spicy food, do not make this. Translated in Italian, the name of this sauce means "Angry". It's supposed to be hot.
- As mentioned, if you don't want to use wine, replace it with fat free chicken, beef or veggie broth.
- This sauce is meant to have some texture to it, so do not use canned tomato sauce or tomato puree. You are SUPPOSED to use canned, crushed tomatoes.
- Don't want to use sweetener? Fine, use sugar, but adjust what'cha need to.