



# 10 Minute Marinara

This is my really good, though highly controversial, 10 minute Marinara

Let me start off by pointing out the elephant in the room. I KNOW that there are going to be a lot of you that think that you can NOT have an amazing Marinara sauce, without using fancy ingredients, slow simmering a pot o' tomato sauce for 8 hours, all while listening to The Godfather soundtrack. Well, I'm not a Sicilian Grandma with 4 knees, I'm a busy dad with 2 kids and no time. In the past year I've had to streamline my original sauce and come up with a version that can be thrown together, fast... because, well... kids. Ya'know what? It's actually really danged good. It comes together extremely fast, yet is extremely flavorful and is a great base to build off of.

## Ingredients:

- 4-6 second spray, olive oil cooking spray
- 1/4 tsp olive oil
- 4 medium garlic cloves
- 1 small onion, diced
- 1/2 cup chicken broth
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 Tbsp red wine
- 1 Tbsp red wine vinegar
- 1 to 2 tsp 0 point sweetener o' choice
- 45oz canned tomato sauce (a 15 and a 30 oz can)
- 1/2 tsp salt
- 1/4 tsp pepper

**Yield:** 5 cups

**Servings:** 10

**Serving Size:** 1/2 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. Dice the onion and set aside. Chop the garlic and set aside. Put a medium sized pot on your stove and turn the heat up to a medium-high flame, then, get to work. \*whip crack\*
2. After the pot has had a minute to get nice and hot... add the olive oil and cooking spray. Immediately add the onions and cook for 2-3 minutes, until they start to sweat, then add the garlic, chicken broth, wine, vinegar, dried herbs and sweetener. It will begin bubbling immediately. Allow to cook for 1-2 minutes, or until most of the liquid has dissolved.
3. Pour in the tomato sauce, add the salt and pepper, then bring to a low boil. Pour the sauce into a food processor or blender, or you can use an immersion blender to puree the sauce. Process until the onions are broken down and the sauce is smooth.
4. Season with additional salt and pepper if desired. Done.

## Notes:

- You can use sugar instead of artificial sweetener, but you'll need to adjust points accordingly.
- This sauce has no points whatsoever. Feel free to customize it. Add some more olive oil, an extra bit of wine, some additional fresh herbs... whatever you want. This sauce is FAST, GOOD, and perfect for using as a base for your own sauce.
- Feel free to get food-snobby and say you haaaaave to slow simmer marinara for 8 hours, using imported San Marzano tomatoes and 12 year old balsamic. While you're doing that, I'll be over here changing diapers and doing the dishes. 😊😂

