Marsala Wine Sauce

This is my healthy, fat free take on a traditional Marsala wine sauce, used most commonly for Chicken Marsala. It's loaded with diced onions, sliced mushrooms, garlic, beef broth and 2 different wines. This is honestly the first time in my life I've ever had Chicken Marsala... and I thought it was really tasty.

Ingredients:

- 1 medium onion, diced
- 3-4 garlic cloves, crushed/chopped
- 16 oz sliced mushrooms, any variety. I bought 2 of the standard sized 8oz packages, in the produce department.
- 1-1/2 cups fat free beef broth
- 6-1/2 Tbsp marsala wine (dry, or sweet, doesn't matter)
- 1 Tbsp 'red wine', any type. I'm not a wine snob.
- 1/2 tsp salt
- 1/4 tsp pepper
- 2-1/2 Tbsp cornstarch, dissolved into 3 Tbsp water
- Fresh chopped parsley, for garnish (optional)

Serving Info.:

Yields: 4 cups
Servings: 5
Serving Size: 3/4 cup

RECIPE INFO

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1-1

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

Directions:

1. Heat a LARGE pan over medium-high heat for 1 minute. Spray with cooking spray, then add the onion, garlic and mushrooms. Spray with a little more cooking spray, then cook for 5 minutes, or until they begin to soften and darken in color. (from pic. 1 to pic 2)
2. Add the beef broth, marsala wine and red wine to the pan. Then pour in the dissolved cornstarch. Stir till the cornstarch is thoroughly mixed into the sauce. Add salt and pepper.
3. Bring to a simmer, then reduce heat to medium and cook at a boil for 5-6 minutes, or until the sauce thickens nicely.
4. If desired, garnish with fresh chopped parsley, season with additional salt/pepper if needed.

Notes:

- 2 Wines??: Roll with it... it's a 'Points' thing.
- "Can I halve the recipe, Daniel?" .... Yeah... You can halve ANY recipe.
- Does it matter if I get 'sweet' Marsala wine, or 'dry' Marsala wine? Personal preference. I had to google it. I used 'dry' in my recipe and I really enjoyed the flavor.
- But Daniel... I don't drink alcohol... what can I use instead of the wine... for this wine sauce? I'd swap both wines out for 1/4 cup water and 1/4 cup fat free chicken broth and 1/4 cup red wine vinegar. It won't taste the same, but it'll still be good. If you're wondering why not add more beef broth... because any more than 1-1/2 cups of fat free beef broth gains 1 point.