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SP.287 / 5.S15 / ESG.SP287 Kitchen Chemistry
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Rhu's Marinara Sauce

Adapted from Cooking Light, Annual Recipes, 1998

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 10 ounces mushrooms, sliced
- $\frac{1}{4}$ cup diced green bell pepper
- 6 garlic cloves, diced
- $\frac{3}{4}$ cup dry red wine
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup chopped fresh parsley
- 1 tablespoon sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- $\frac{1}{2}$ teaspoon dried rosemary, crushed
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt
- 2 bay leaves
- 1 (28-ounce) crushed tomatoes
- 1 (6-ounce) can tomato paste

Method:

1. Heat olive oil in a Dutch oven over medium-high heat. Add onion, mushrooms, bell pepper and garlic; sauté 5 minutes or until tender.
2. Add wine and remaining ingredients; bring to a boil.
3. Cover and reduce heat, and simmer 30 minutes, stirring occasionally.
4. Yield 6 servings (serving size: 1 cup)

This sauce gets better after the flavors blend in the refrigerator a few days. The sauce and the meatballs should be frozen separately.