



Deanie's Marinara Sauce



Ingredients:

- 1 lb bulk Italian sausage (I recommend Johnsonville Mild Italian Sausage)
- Four 7-oz. cans of Bionaturae tomato paste (Whole Foods carries it)
- Five tomato paste 6-oz. cans of water (add more water to desired consistency)
- 1 onion, diced
- 2 cloves garlic, minced
- One 4-oz. can mushrooms, drained
- 1 TBLS Extra Virgin Olive Oil
- ½ to ¾ cup red cooking wine (you may also use a good Merlot or Cabernet)
- 2 tsp dried basil
- 2 tsp dried oregano
- 1 ½ tsp fennel seed
- ½ tsp red pepper flakes
- Salt and black pepper to taste

Method:

1. In a non-stick pan, cook the Italian sausage until browned. Drain the grease and set aside.
2. In a Dutch, add EVOO, and over medium heat, sauté the onions until tender.
3. Add the garlic and cook until fragrant, about 1 minute.
4. Add the drained browned sausage.
5. Add the tomato paste and wine, then the cans of water until desired consistency is reached.
6. Add spices, and mushrooms.
7. Bring to a bubble over medium heat; cover and simmer for at least 2 hours.