

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Quick Marinara

From [www.melskitchencafe.com](http://www.melskitchencafe.com)

Makes 6-7 cups of sauce

2 tablespoons butter  
1/4 cup grated onion, grated on the large holes of a box grater  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3 garlic cloves, crushed or finely minced  
2 (28-ounce each) cans crushed tomatoes  
1/2 teaspoon sugar

In a medium saucepan, melt the butter over medium heat. Add the onion, basil, oregano, salt and pepper and cook, stirring occasionally, for 5 minutes, until the onion is softened and translucent. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the crushed tomatoes and sugar. Bring the mixture to a simmer and cook until slightly thickened, about 10-15 minutes, or let it gently simmer for upwards of 45 minutes.