

Marinara Sauce

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/NVjSw7TWYZQ>

For 4 to 6 servings

This simple homemade tomato sauce is bright, rich, and full of classic Italian flavors from garlic, onions, basil, and oregano slowly simmered with tomatoes. The long simmer creates a smooth, balanced sauce that works beautifully with pasta, pizza, meatballs, or countless Italian-inspired dishes.

Ingredients

2 tbsp (30ml) olive oil	1/4 tsp (0.5g) red pepper flakes
3 garlic cloves (about 9g), chopped	1 tsp (4g) granulated white sugar (optional)
1 red onion (about 150g), diced	Salt (to taste)
One 28 oz (794g) can peeled stewed tomatoes	Black pepper (to taste)
1/2 cup (125ml) water	Handful fresh oregano leaves (about 1 tbsp / 4g), chopped
3 sprigs fresh basil	

Prep Work

Dice the red onion into small, even-sized pieces so it cooks down evenly into the sauce.

Chop the garlic just before cooking for the freshest flavor.

Open the canned tomatoes ahead of time and crush them slightly with clean hands, a spoon, or kitchen shears if you prefer a less chunky sauce.

Separate the basil leaves from two of the sprigs but keep both the stems and leaves. The stems add extra flavor while the sauce simmers and are removed later.

Chop the fresh oregano leaves and the remaining basil leaves ahead of time so they are ready to stir in at the end for a fresher flavor and aroma.

To Make the Sauce

Heat a nonreactive saucepan (enamel coated, stainless steel or non-stick cookware) and add the olive oil. Once the oil is hot, add the garlic. Gently sweat for 2 to 3 minutes over medium heat. Add the onion. Occasionally stir and cook until tender.

Add the tomatoes and the water, then mix well.

Take 2 basil sprigs and separate the leaves from the stem. Add both the stems and leaves and mix them well into the sauce.

Drop in the red pepper flakes and sugar. Stir, bring to a simmer over medium to high heat, then reduce the heat and lightly simmer uncovered for 1 hour. Occasionally stir, watch the temperature of the pan and the liquid level. If the sauce starts to become too dry, add more water.

Take the pan off heat and remove the basil stems. Blend the sauce to make it as smooth as you like (optional).

Taste the sauce and add salt and black pepper as needed.

Take the last sprig of basil and remove its leaves and chop them. Add these chopped basil leaves and the chopped oregano leaves to the sauce and enjoy!

To Serve

Serve over spaghetti, penne, rigatoni, or your favorite pasta with freshly grated Parmesan cheese on top.

Use the sauce for homemade pizza, baked pasta dishes, chicken Parmesan, meatballs, or lasagna.

Pair with garlic bread, toasted ciabatta, or a simple green salad for a complete meal.

Tips & Substitutions

Fresh basil and oregano give the sauce its best flavor, but dried herbs can be substituted if needed. Use smaller amounts since dried herbs are more concentrated.

San Marzano tomatoes can be used for a sweeter, smoother sauce with lower acidity, though any quality canned tomatoes will still work well.

If the sauce tastes too acidic, the optional sugar helps balance the tomatoes without making the sauce sweet. A small pat of butter can also mellow acidity.

For a richer flavor, simmer the sauce longer than 1 hour over low heat. Longer cooking develops deeper sweetness and complexity.

Red pepper flakes add mild heat, but they can be reduced or omitted for a milder sauce or increased if you prefer more spice.

Blending the sauce is optional and depends on the texture you prefer. Leaving it unblended creates a rustic-style sauce, while blending makes it smoother and more restaurant-style.