

Mama Leone's Classic Marinara Sauce



Yield: 5 Cups

*6 tablespoons olive oil
1/4 cup butter
3 large garlic cloves, mashed
1 handful fresh parsley sprigs, leaves only
1/2 teaspoon freshly ground black pepper
1/2 teaspoon salt
3 28 Oz. cans Contadina* diced tomatoes, well drained
1 tablespoon dried oregano
4 anchovy fillets, chopped
2 tablespoons tomato paste*

Cook Time:

Combine olive oil and butter in a saucepan and heat. Chop garlic and parsley together and add to the pan. Cook slowly for 5 minutes, then add salt and pepper.

Add two cans of the diced tomatoes and oregano to the sauce and cook slowly for 30 minutes.

Add anchovies, tomato paste, and the remaining can of diced tomatoes, stir well, and cook slowly for another 15 minutes. At the end of cooking, taste for salt and add some if necessary.

This is an adaptation of the same recipe from Leone's Italian Cookbook (Mama Leone's was once a famous Italian restaurant in New York City). The modifications are slight, reducing by half the number of anchovy fillets, substituting canned diced tomatoes for whole tomatoes to be chopped tomatoes, adding the third can of tomatoes after the first two have cooked, and adding a little cooking time after the anchovies and tomato paste are added.

** I prefer the Contadina brand because the dice is larger than other diced tomatoes.*

Also see "Ask Bill" RECNO 677

Per Serving (excluding unknown items): 1213 Calories; 129g Fat (93.4% calories from fat); 7g Protein; 13g Carbohydrate; 4g Dietary Fiber; 138mg Cholesterol; 2383mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 25 1/2 Fat.