

Traditional Red Sauce with Italian Sausage

***Personal Recipe**

1 large can (28oz) of Tomato Puree
1 small (approx 7oz) can of Tomato Paste
1 can (14oz) of Diced Tomatoes. (Use 2 cans for a more chunky sauce)
2 large cloves of diced Garlic. (1tsp of Garlic powder may be used)
½ Cup of diced Onion (1 tsp of Onion powder may be used)
½ to 1lb of ground Italian Sausage.
1 cup of Water
½ Cup Red Wine (Cabernet or Merlot work very well in this sauce.)

½ tsp Salt	1 Tbsp – Italian seasoning
1 tsp – Rosemary	1 tsp – Oregano
1 tsp – Crushed Cayenne Pepper	1 tsp – Basil
2 Tbsp Olive Oil	

Optional ingredients: Pepperoni, Mushrooms, Bell Peppers,

Drain the diced tomatoes and combine them with the Tomato Paste, Tomato Puree, the many spices, Water and Olive Oil in a large sauce pan over medium heat. Briskly stir everything together, mix thoroughly. Cook covered on medium heat (the sauce will ‘boil’ and pop consistently) for one hour stirring occasionally to ensure no sticking or burning is taking place.

Sauté the diced Onions, Garlic and any optional veggies in a pan with the 2 Tbsps of Olive Oil. Do not allow the Garlic or Onion to brown, just a light Sauté.

Stir the sautéed vegetables and the Olive Oil into the sauce. Reduce sauce heat to low but keep the cover on the sauce pan so you don’t get a huge mess. Cook for another hour, stirring occasionally, again make sure it is not clumping together or burning on the bottom.

Brown Italian Sausage in a frying pan over medium to medium-high heat. Drain Sausage to get all the excess fat out. Dump the drained Sausage into the sauce. If you are using Wine, here is where you add it. (I typically use ½ a cup of wine or so) Let sauce cook for another hour, covered on low heat.

Now the sauce has cooked for about 3 hours, it can cook longer of course, under very low heat but its basically done. Turn off sauce and remove cover leaving it on the burner (which is off). This allows the sauce breathe and thicken but remain hot.

Cook noodles to taste. Serve sauce over bed of noodles with Buttered or Garlic bread.