

# Old World Pasta Marinara

Hey folks, remember those sailors we talked about back in January who felt better when they ate pasta and red sauce after a long voyage? Well, they're back in town, so feed your inner sailor with this delicious old world version of Pasta Marinara. (Add some white beans or plant-based sausage for a little extra protein.)

**Preparation time: 35 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add to the recipe. Cooking's more fun when everything you need is ready to go. You'll need 1-2/3 C. red wine and 4 cloves chopped garlic in the Marinara Sauce.

### Old-world Pasta Marinara

#### Marinara Sauce:

1 tsp. olive oil  
4 cloves garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes  
one 15 oz. can regular tomato sauce  
another 1/2 C. red wine

2 T. dry basil leaves  
1 T. dry oregano leaves  
a few dashes Tabasco sauce

1 tsp. olive oil  
remaining 1/2 of the chopped garlic  
another 2/3 C. red wine

### Salad and Dressing

#### Fixings for a green salad

#### Il Semplico Dressing:

3 T. extra-virgin olive oil  
1/2 tsp. prepared mustard  
2 T. rice wine or white vinegar  
3 T. low-sodium vegetable broth  
pinch of salt

### Additions, Pasta and Garnish

#### Additions:

one 15 oz can Cannellini beans  
(drained and rinsed)  
or  
1 Italian Sausage of choice (cooked and  
chopped)

#### Pasta:

2 C. dry penne Pasta

#### Garnish:

1 T. shredded Parmesan cheese



## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Once you've made Marinara Sauce the meal comes together quickly. Make salads and dressing before you cook the pasta so that you're ready to dine when the pasta's done.

### Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans of tomato sauce (then rinse cans with additional second 1/2 C. red wine and add to sauce.)
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining half of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

### Green Salad and Dressing

Assemble green salads on individual salad plates.

#### Il Semplice Dressing:

Simply shake dressing ingredients together in a container with a tight fitting lid.

#### Additions: (if desired)

#### **Additions, Pasta and Garnish**

Brown 1 sausage link (meat or plant-based) in olive oil until thoroughly cooked. Remove from heat and allow to cool. Chop into 1/2" pieces before adding to the sauce.

- or -

one 15 oz. can Great Northern or Cannellini beans. Drain and rinse beans before using.

#### Pasta:

- Drop dry pasta into boiling water and cook 8-minutes. (Set a timer so you don't forget.) When pasta is cooked to desired tenderness, reserve 1/2 C. of the starchy cooking water and add it to your finished Marinara Sauce. Drain and rinse pasta.

- Toss sausage or beans with 3/4 C. Marinara Sauce and cooked pasta. This makes 2 servings.

- Garnish with Parmesan. Serve salads and dressing on the side.

### What I've Learned from this Recipe

By adding the extra 2 cloves lightly-browned garlic in wine reduction at the end of the Marinara Sauce recipe, you'll add a lovely extra-garlic punch to the sauce.

Let us know what you think, and ask any questions you have! [chezdon@plate6.com](mailto:chezdon@plate6.com)