MARINARA

INGREDIENTS:

2 TABLESPOONS	OLIVE OIL
4 CUPS	ONIONS, CHOPPED
1 CUP	GARLIC CLOVES
1 CUP	SHERRY
2 CUPS	CARROTS, PEELED AND ROUGH CHOPPED
2 CUPS	CELERY STALK, ROUGH CHOPPED
15 POUNDS	PLUM TOMATOES, CANNED (3 CANS)
12 OUNCES	TOMATO PASTE
1 BUNCH	BASIL, FRESH ON STEM
¼ CUP	OLIVE OIL
2 TABLESPOONS	SALT
1 TABLESPOON	GROUND BLACK PEPPER

METHOD:

- Preheat large pot with oil.
- Add garlic, onions, carrot, and celery; caramelize down as dark as possible without burning.
- Pour in sherry, reduce until almost all the liquid is gone.
- Add tomatoes, tomato paste and basil. Stir together.
- Bring to a simmer and cook down for at least 2 hours and until color darkens slightly. DO NOT BOIL
- Puree in several batches if necessary.
- Season with salt and pepper.
- Reheat and enjoy.
- Store leftovers in an airtight container.

Serves: 80
Serving Size: ½ cup (4 ounces)
Calories: 45
Fat: 1 gm **Sodium:** 300 mg **Carbohydrates:** 6 gm **Protein:** 1 gm **Fiber:** 4 gm