

## MARINARA SAUCE

I love this sauce. It's the first sauce I ever perfected, and has served me very well over the years. It is super easy, tastes great, and is very versatile. Virtually all of my Italian dishes use this sauce. There are 2 secret ingredients in this sauce (I guess that it's not a secret anymore huh?) The sugar makes the sauce mellower, and although it's not enough to caramelize, it makes the sauce smoother. The baking soda is slightly alkaline, and when mixed with the tomato sauce, neutralizes a lot of the acid, eliminating the "tinny" taste you can often get.

2 15 ounce cans Tomato Sauce  
¾ teaspoon Garlic Powder  
1 ½ teaspoons Basil  
½ teaspoon Oregano  
1 Tablespoon Sugar  
¼ teaspoon Baking Soda

Mix all ingredients together in saucepan except the baking soda. Heat over medium heat, stirring constantly, until it is just about to boil, then add the baking soda. It will make a lot of bubbles, but don't let it scare you. It is hydrogen from the neutralized acid, and carbon dioxide, which is why baking soda is used in cakes as a leavening agent. Keep stirring until all the bubbles are gone, and reduce heat and simmer for at least 15 minutes or until the desired consistency.

Calorie Breakdown:

Pasta (dry) 100 cal/oz  
Sauce (with sugar) 62 cal/ ¼ cup  
Sauce (without sugar) 42 cal/ ¼ cup

Weight Watchers (no sugar) 1 Ladle = 1 point