

Homemade Marinara Sauce

¼ cup olive oil

2 cloves of garlic, finely chopped

1 small onion finely chopped

½ tsp. sea salt or table salt if you don't have sea salt

½ tsp. black pepper

1 bay leaf

1 tsp. oregano

1 28 oz. can of crushed tomatoes

½ cup of finely chopped mushrooms

In a large pot, heat olive oil over medium- high heat. Add onion and garlic and sauté until the onions are translucent. Add the mushrooms, tomatoes, oregano and bay leaf. Cook uncovered over low heat until the sauce thickens. This takes around an hour.

Remove from heat discarding the bay leaf. Season the marinara with salt and pepper to taste if desired.

As with any other sauce, it's always better the next day.