

Superior Spaghetti Sauce

<http://thedomesticman.com/2012/09/25/superior-spaghetti-sauce/>



*1 carrot, minced
2 stalks celery, minced
1/2 onion, minced
1 tbsp olive oil
4 cloves garlic, minced
1/2 tsp each salt and pepper
1 tsp each fresh chopped oregano, basil,
and parsley
1/2 tsp dried oregano
1 28oz can diced tomatoes
1 8oz can tomato sauce
1 6oz can tomato paste
1/4 cup full-bodied red wine (cabernet
sauvignon preferred)
1 bay leaf*

Using a food chopper or processor, mince the carrots, celery, and onion. This is your soffritto, which is the Italian version of mirepoix. In a pan, warm the olive oil on med/low heat, then add the soffritto. Sauté for about five minutes, until softened. You can tell that they're ready when the carrots start to lose their color and the onions become somewhat translucent.

Next, add the minced garlic, salt and pepper, and herbs (fresh and dried), stirring together. Sauté for another two minutes. Transfer everything to a pot, returning to the stove on medium heat.

Add the rest of the ingredients to the pot, and bring to a simmer. Once it starts bubbling, reduce the heat to low and allow to simmer for at least an hour, two hours being ideal. Stir the pot every 20 minutes or so to make sure that everything is cooking evenly.

Remove the bay leaf and serve. If the sauce gets too thick for your liking, you can add more tomato sauce, red wine, or stock to thin it out.