

Red Sauce (Michael's Way) (Old)

Source: Michael D'Attilio

Ingredients

Mild or neutral Olive Oil (*At least 5oz*)

~12oz of canned Tomato Sauce. (*Del Monte is usually preferable*)

~6lbs of canned crushed/peeled tomatoes. (*Look for low sodium content, or just use Sclafani*)

~2.5 tablespoons chopped garlic.

~1 pack of Basil, finely chopped.

~2/3 bunch of Italian Parsley, finely chopped.

~.5 tablespoons of dried Oregano.

Directions

Heat olive oil in a deep pot, and fry garlic, parsley, basil, and oregano.

When garlic begins to turn slightly brown and starts to smell like garlic, add canned tomatoes and tomato sauce. Cook, stirring, over medium heat until sauce begins to simmer. Remove from heat after simmering for about 6 minutes.

Cost Breakdown

Michael's Red Sauce -- ~\$15.99 (with 2lb of pasta at \$2.19/lb -- \$20.37; 4+ meals for 2 people)

1 ~12 oz can of tomato sauce (Hunts is \$.99 for 15 oz) -- \$.99

~6 lbs of canned crushed tomatoes (Scalfani is \$2.59 for 28 oz) -- \$10.36

~2.5 tbsp chopped garlic (5 bulbs for \$2.49) -- ~\$.49

~1 pack of basil (1 pack for \$3.29) -- \$3.29

2/3 bunch of Italian parsley (1 bunch for \$1.29) -- ~\$.86

~.5 tablespoons of dried oregano – negligible

Mild or neutral Olive Oil – negligible

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