



Tomato Sauce with Marinated Artichoke Hearts

The first recipe I made with my now 25-year old wooden spoon, this is a simple recipe that you should feel free to make your own. It's a good one for young children to help out with as well. Just be sure to supervise them at the stove and help as needed with chopping onions and opening cans.

Ingredients

- 1 jar (6-1/2 ounces) marinated artichoke hearts
- 1 cup chopped onion
- ½ tsp. minced garlic
- 1 can (14- ½ ounces) diced tomatoes, undrained
- 1 cup water
- 1 can (6 ounces) tomato paste
- 2 tbsp. minced fresh basil or 2 tsp. dried basil
- 1 tsp. sugar
- ½ tsp. salt

Directions

1. Drain artichokes and reserve the marinade.
2. Slice artichoke quarters into 2-3 pieces each.
3. Heat a large saucepan over medium high heat and add the marinade. When hot, sauté the onion in the marinade for 3-4 minutes or under tender.
4. Add the garlic and cook for 1-2 minutes longer, until fragrant.
5. Stir in tomato paste and salt and cook for 1-2 minutes.
6. Add artichokes, tomatoes, basil, sugar and salt. Reduce heat and simmer uncovered for 5-10 minutes.
7. Serve over your favorite pasta or soft polenta.