

# PUTTANESCA SAUCE

These ingredients are all cooked together in olive oil

## INGREDIENTS

- 1 can** Tomatoes (28 oz) (diced or crushed)
- 1 Lg** Onion (yellow) (diced)
- 4 cloves** Garlic (cut in half)
- 5** Anchovies (chopped)
- 4 T** Olive Oil (extra virgin)
- 1 can** Black Olives (chopped)
- 3 T** Capers (drained)
- 2 T** Parsley (chopped)
- 1/2 to 1** Red Chili Pepper (small) (chopped) **OR** Oregano
- Salt to taste

## COOKING INSTRUCTIONS

- 1** In a deep saucepan cook the garlic in hot oil until brown
- 2** Add the onion & cook for 2 minutes
- 3** Add the anchovies
- 4** Mix in the tomatoes, olives, capers & the chili pepper **OR** oregano & cook over medium heat for 10 minutes stirring occasionally
- 5** Add the parsley & cook the sauce some more

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