

GUASTELLO'S VILLAGE MARKET

Fra Diavolo Sauce

Serves 4

Ingredients

1 tablespoon olive oil
1 small onion chopped
1 spicy red pepper chopped (optional, for extra spicy)
4 cloves garlic chopped
14 ounce can crushed tomatoes or use diced, or fire roasted
2 teaspoons spicy red pepper flakes or to taste
1/2 cup dry white wine
1/2 teaspoon dried oregano
Salt and pepper to taste
1 tablespoon chopped parsley
6-7 fresh basil leaves chopped

Instructions:

Heat the oil in a large pan to medium heat. Add the onion and red pepper. Cook them down for 5 minutes to soften.

Add the garlic and cook for 1 minute, until you can smell that gorgeous garlic.

Add the crushed tomatoes with their juices, red chili flakes, white wine, oregano and salt and pepper to taste.

Simmer for 10 minutes (or longer) to let the flavor develop.

Stir in the parsley and basil leaves. Taste and adjust for salt.

Serve with pasta or seafood, like Shrimp Fra Diavolo.

Credit: chilipeppermadness.com