

## SPAGHETTI

### Ingredients:

- 500 grams (ml) crushed tomatoes
- 1/2 cup chicken broth/stock
- 1 tablespoon margarine (or butter)
- lots of spinach!
- half of a large white onion, minced (see instruction 1)
- 3 cloves garlic, minced
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon crushed red pepper (optional for added spice)
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper



### Instructions:

- (1) Mince (or even emulsify) garlic and onion. I usually use an electric veggie chopper which turns the onion into a bit of a mush. Really the finer the better here (I don't like texture of onion in my sauce).
- (2) Add garlic, onion, and margarine to a large pan and cook for 5 minutes.
- (3) Add crushed tomatoes and stir in dry ingredients. Let simmer for several minutes to allow the dried rosemary to soften. Then add the chicken broth and stir.
- (4) *Slowly* add spinach in until you reach the desired amount. If you add the spinach too quickly, it tends to clump. I personally would go with at least 2 large handfuls total for this amount of sauce.