

## Marinara

**Prep time:** 10 minutes

**Cook time:** 1 hour, 30 minutes

### Ingredients:

2 tablespoons olive oil  
1 table spoon minced garlic (4-6 cloves)  
1 teaspoon fennel seeds  
3-5 anchovy fillets, drained  
1 medium yellow or white onion, finely chopped  
1 teaspoon salt  
2 - 28 ounce cans of crushed tomatoes  
1 tablespoon tomato paste  
1 cup chicken stock  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon dried marjoram  
1/2 teaspoon ground black pepper  
2 tablespoons grass fed butter (or ghee)



### Instructions:

Heat a large stock pot over medium low heat.

Add olive oil, garlic, and fennel seeds and cook for 8-10 minutes to flavor the oil. Don't let it burn - it should not be sizzling. While the oil flavors, I like to chop the onion and measure out the spices.

Raise the heat to medium high and add anchovies, cooking for 5 minutes. The fillets will begin to fall apart and dissolve as you stir them around.

Add onions and salt and cook for 5-8 minutes or until tender.

Add the tomatoes, tomato paste, chicken stock and spices, stir well to combine, and bring to a simmer.

Reduce heat to medium low and cover and cook for 1 hour, stirring every 15-20 minutes.

Adjust salt and pepper to taste. Add butter and stir until melted.