This is a recipe from Erica and Marco's Italian grandmother (Nona) who lived in my neighbourhood.

## Ingredients:

1 large onion, diced

2 cloves garlic, finely chopped

1 29 ounce can of (Italian) crushed tomatoes

1 6 ounce can tomato paste

1 cup water

2 ½ teaspoon salt

1/4 teaspoon pepper

herbs to taste (oregano, basil, parsley, and/or thyme)

2 tablespoons oil for frying



## Directions:

Fry onion in large pot until transparent. Add garlic and cook until golden.

Add all other ingredients.

Bring to a boil, then simmer uncovered for 20 minutes. Add herbs and simmer 1 ½ hours, stirring occasionally.

Enjoy on hot pasta!

## Pasta for 4 people

Add 1 tablespoon salt to a large pot of water (4-6 litres). Bring to a boil and add one pound of pasta. Cook until al dente (or the way you like it). Drain and serve with pasta sauce, meatballs, and grated parmesan cheese if you wish.



