

Choco Fever Dream

Best Ever Homemade Spaghetti Sauce

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 4 cloves garlic, minced
- [ ] 2 lbs fresh plum tomatoes, chopped
- [ ] 1 tsp sea salt
- [ ] ½ tsp black pepper

For the Sauce

- [ ] 1 tsp dried oregano
- [ ] ½ tsp crushed red pepper flakes (optional)
- [ ] ¼ cup fresh basil leaves, torn
- [ ] 1 tsp sugar
- [ ] 2 tbsp tomato paste

Instructions

1. Heat olive oil in a heavy pot over medium heat; add onion and sauté until translucent, about 5 minutes.
2. Stir in garlic and red pepper flakes; cook just until fragrant, about 30 seconds, being careful not to burn.
3. Add chopped tomatoes and tomato paste, then bring to a gentle boil; reduce heat to low and let simmer uncovered.
4. Season with salt, pepper, oregano, and sugar; stir occasionally and let the sauce reduce for 45 minutes, stirring occasionally.
5. Finish by folding in fresh basil and a drizzle of extra-virgin olive oil; taste and adjust seasoning before serving.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, add a splash of pasta water to reach desired consistency.
- For a smoother texture, blend half of the sauce with an immersion blender.
- Allow the sauce to rest for 10 minutes after cooking; flavors meld even more.