

Fettucine Marinara

PREP TIME:

10 minutes

COOKING TIME:

LOW: 8 hours
or
HIGH: 3 - 4 hours

SERVES:

6

INGREDIENTS:

1 tbsp olive oil
1 x 28 oz canned diced tomatoes
1 cup / 1 small onion, diced
1 cup / 2 celery ribs, diced
1/2 cup / 1 large carrot, diced
2 tsp / 4 cloves garlic, minced
1 tbsp tomato paste
1/2 cup / 4 fl oz red wine
1 tbsp brown sugar
1/2 tsp salt
1 Marinara blend
fettucine & parmesan cheese

PREPARE:

Combine the olive oil, tomatoes, onion, celery, carrot, garlic, tomato paste, red wine, brown sugar, and salt in the slow cooker

sprinkle in the Mediterranean blend

Stir, cover and cook on LOW: 8 hours or HIGH: 4 hours.

Serve over cooked fettucini with shaved parmesan cheese.

If making MUSSELS MARINARA:

3 lbs cleaned, live mussels

30 minutes before the Marinara sauce is cooked, add the mussels to the slow cooker, replace lid, and turn to HIGH for 30 minutes

Discard any mussels which remain closed after cooking.

