



Makes 6 cups
Preparation Time: 15 minutes
Cook Time: 25 minutes

INGREDIENTS:

2¼ lb. ripe red tomatoes, seeded and chopped (5¼ cups)

1½ 28-oz. cans no-salt-added or low-sodium crushed tomatoes

12 cloves garlic, roughly chopped

6 pitted Medjool dates, chopped

½ teaspoon freshly ground black pepper

Sea salt, to taste

¼ cup + 2 tablespoons chopped fresh basil

Myrna's Marinara Sauce

Myrna is Forks Over Knives founder and president [Brian Wendel](#)'s mom. Her crowd-pleasing marinara sauce requires minimal prep: You just throw all the ingredients into a pot, bring it all to a simmer, and, half an hour later, your thick, rich tomato sauce is ready. Use this oil-free marinara sauce in [Spaghetti Marinara with Lentil "Meatballs,"](#) in [Polenta Lasagna with Kale and Lentils](#), on [pizza](#), or with your favorite whole grain pasta.

From [Forks Over Knives: Flavor!](#)

By Darshana Thacker Wendel

- 1** In a large pot combine the first five ingredients (through pepper). Bring to boiling; reduce heat to medium-low. Simmer, uncovered, about 30 minutes, stirring occasionally.
- 2** Remove from heat. Using an immersion blender, puree tomato mixture into a smooth sauce. (If you do not have an immersion blender, transfer tomato mixture to a blender in batches. Cover and blend into a smooth sauce.) Stir in salt and basil. Transfer to an airtight container. Chill up to 1 week or freeze up to 1 month.