

Raw Marinara

Swick

Makes 2 cups | Active Time: 45 minutes | Total Time: 45 minutes

Preparing the Marinara Sauce

First, gather and prepare your mise en place.

To prepare the sauce, in a high-speed blender, add the sun-dried tomatoes, garlic, chile flake, olive oil and water and blend to a smooth paste.

Next, add the bell peppers, fresh tomatoes, apples and blend until smooth. Season with sea salt and freshly ground black pepper.

Once seasoned, add the basil and pulse to combine.

Step 1: Preparing the Marinara Sauce

- 1/3 cup soaked sun-dried tomatoes
- 3 cloves garlic
- 1/4 tsp chile flake
- 2 1/2 tbsp olive oil
- water to blend (optional—use soaking water from the sun-dried tomatoes)
- 1 1/2 cups red bell peppers, chopped
- 1 cup fresh tomatoes, chopped
- 1/2 cup apple, chopped
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/4 cup fresh basil