



Ingredients:

- 8 ounces (1 cup) tomato puree OR tomato sauce
- 3 tablespoons tomato paste
- 1 ¹/₂ teaspoons sugar
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- $\frac{1}{2}$ teaspoon dried thyme
- ¹/₂ teaspoon fennel seeds crushed (see NOTES below)
- ¹/₂ teaspoon garlic powder
- ¹/₄ teaspoon onion powder
- ¹/₂ teaspoon salt
- Pinch crushed red pepper flakes

Method:

- 1. In a small saucepan set over medium heat, stir together the tomato puree/sauce, tomato paste, sugar, basil, oregano, parsley, thyme, crushed fennel seeds, garlic powder, onion powder, salt, and red pepper flakes. Bring to a simmer, reduce to a low simmer (occasional bubbles) and cook for 25 30 minutes, or until thick, stirring every 5 minutes or so.
- 2. Allow to cool a bit before spreading on pizza crusts, or serve warm as a dipping sauce. Cover and store leftover sauce in the refrigerator for up to a week, or freeze for up to three months.

Notes

- This sauce can splatter a bit as it bubbles, so I recommend making it in a deep saucepan, if possible.
- The total yield of this recipe is one heaping cup of sauce, which in my experience is enough to cover two medium (12- to 14-inch) pizzas.
- If you are short on time, you may cook for only 10 to 15 minutes. A longer cooking time just further thickens the sauce and deepens its flavor.
- Simply put your fennel seeds into a small zip-top baggie and then gently pound and mash them with the flat side of a meat mallet...or a rolling pin...or just about any other solid, heavy kitchen accoutrement you can find.