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## *Food for the Soul*

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### **Puttanesca Sauce (spaghetti sauce)**

### **Main Dishes**

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1/4 C olive oil  
1 C finely chopped onion  
6 cloves garlic, minced  
2 28-oz cans petite diced tomatoes, with juice  
1 3.8-oz can sliced black olives  
2 T tomato paste  
2 T capers, drained  
2 T anchovy fillets, minced (about 8 fillets)  
1/2 t dried, crushed basil  
1 1/2 t dried, crushed red pepper flakes  
salt  
1 box angel hair pasta, cooked

#### **Instructions**

In a large pot, heat the olive oil over medium high heat. Add the onion and sauté until soft and lightly caramelized, about 6 minutes. Add the garlic and cook an additional 2 minutes. Add the tomatoes and the remaining ingredients and simmer until the sauce is thickened and slightly reduced, about 40 minutes. Adjust seasoning to taste. Serve over pasta.

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11*

*This is one of my favorite verses because it encourages me and reminds me that God has a plan for me and His plan is perfect. When I get discouraged because my plan isn't working out right, it's so wonderful to remember that He has something better in mind for me than I can even think to dream of.*

--Charlotte McKinney

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