



Do all the prep work then put the pasta water on to boil. I use Linguine.

6 cloves garlic, chopped
12 pitted black kalamata olives, chopped
1 flat tin of anchovy filets packed in oil, chopped
2 tablespoons capers
1/2 teaspoon dried red pepper flakes
1/2 teaspoon dried oregano
1 quart or 32 ounces of ground, peeled tomatoes

Heat 1/4 cup of good extra virgin olive oil on medium low heat. Add the garlic and allow it to heat up but do not allow it to burn...that's why the heat is medium low. Add the tomatoes and all the other ingredients and turn the heat up to medium to get a boil. Once it boils turn it down to an active simmer (just below a boil) and let it cook down while your pasta cooks. Serve and eat.

I bet you're thinking...I'm not a big fan of anchovies so I'll just leave it out. You really can't taste it because all the ingredients are very powerful. Try it with it...take a chance.