



Mussels Marinara

2 Servings

2 lbs. Mussels

1/2 cup Red wine

Clean 2 lbs. mussels in H₂O & lots of black pepper for an hour & then drain. Clean beards off mussels. In a large pan, saute garlic in 2 tbs of olive oil, slow heat. Add basil leaves, Italian seasoning, red pepper flakes, parsley, onions, mushrooms and green peppers. Everything should be fresh, esp. mushrooms & add ingredients to taste. I add a lot because I love full flavor. Saute for 15 minutes and then add 2 - 1 lb. cans or larger, of peeled tomatoes. Break the tomatoes with your hands & blend. Cover and simmer for 1 hour, stirring frequently. Add 2 fresh, diced tomatoes and cook for another 10-15 min. longer. Add 1/4-1/2 cup of dry red wine & cook for another 10 minutes. Don't overheat, don't dry up the sauce. Adjust the seasonings to taste as you go. Use freshly grated parmesan and romano cheese for the topping and add all on top of cooked pasta. Add fresh pepper - black &/or red. Serve with a dark green salad and serve with a slightly chilled Chianti red wine.