

Medicated Marinara Recipe



What You Need :

Ingredients

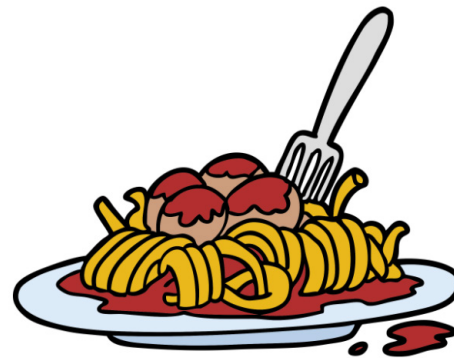
- Extra- Virgin Olive Oil
- Cannabis-Infused Olive Oil
- 1 Can Whole Plum Tomatoes
- 1/2 Cup Chicken Broth
- 1/4 Cup Loosely Packed Fresh Basil
- 1 T Garlic Seasoning or Garlic Salt
- 4-6 Cloves Garlic, Finely Chopped
- 1 Onion, Finely Diced
- 2 T Tomato Paste
- 1 Bay Leaf
- 1 t Oregano
- 1 t Sugar
- Kosher Salt
- Freshly Ground Black Pepper

Supplies

- Large Saucepan (with lid)

Time Needed

10 min - Prep
1 hr - Cook
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1 hr 10min - Total Time



Directions:

Step 1: Sauté Onions

- Heat saucepan to medium-high heat and sauté the onions along with the garlic salt/seasoning, stirring, making sure not to burn.
- *Add 1lb ground beef/pork here if you're wanting to make spaghetti sauce, and brown. Slightly drain grease and turn down to a simmer*

Step 2: Add 1/2 Cup Olive Oil, Substituting Partly w/ Infused Oil

- After you've turned your heat down to a simmer, add in your olive oil. You want 1/2 cup olive oil in total, so once you figured out how much infused olive oil you want to use, take that amount out of your 1/2 cup of non-infused oil and replace it.

Step 3: Simmer/Sauté Onions & Add Garlic

- Continue simmering until the onion softens and turns slightly golden in color.
- Once the onions are well-sautéed, throw in the finely chopped garlic and cook for another minute.

Directions continued:

Step 4: Add Canned Tomatoes, Tomato Paste, Broth & Spices

- Add the canned tomatoes, tomato paste and chicken broth. Stir and simmer for a bit before adding the sugar, bay leaf and oregano.
- Partially cover the pan with a lid and let it simmer so flavors can merge, the sauce reduces and deepens in color. (This will take a good 20 minutes, set a timer and relax (:)

Step 5: Add Fresh Basil

- Remove the lid, stir once and add the fresh basil. Then season with salt and freshly ground black pepper to taste.
- Cook for another 5 minutes, and it's ready!

Enjoy this medicated marinara in whichever way your heart desires! You can serve it immediately or leave it to cool completely before refrigerating it up to a week, or it can be stored in the freezer for almost a month (if you can last that long) (: Bon Appetit!

Cooking with Cannabis-Infused Olive Oil:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver, and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your infusion's potency depends on many factors, from how long and what temperature it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Happy Cooking!