

Pasta Fra Diavolo

Ingredient

- 1 tablespoon olive oil
- 1 small onion, chopped
- 4 cloves garlic, minced (or more to taste)
- 1 spicy red pepper, chopped (such as Calabrian chili, cayenne, red serrano, red jalapeno, or Fresno pepper)
- 14 ounces crushed tomatoes (or diced tomatoes, or fresh chopped tomatoes)
- Several teaspoons crushed red pepper flakes (start with 1-2 teaspoons and adjust to taste)
- 1/2 cup dry white wine
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 1 tablespoon chopped parsley
- 6-7 fresh basil leaves, chopped

Instruction

1. Heat the oil in a large skillet over medium heat. Add the onion and red pepper. Cook for 5 minutes to soften.
2. Add the garlic and cook for 1 minute, until fragrant.
3. Add the crushed tomatoes with their juices, red chili flakes, white wine, oregano, and salt and pepper to taste.
4. Simmer the sauce for 10 minutes (or longer) to let the flavors develop.
5. Stir in the parsley and basil leaves. Taste and adjust for salt.
6. Serve with any pasta dish or seafood, like Shrimp Fra Diavolo.
7. **Heat Level:** Medium. You can increase the spice with more chili flakes and hot pepper, or make a milder version by skipping the fresh pepper and using only 1 teaspoon chili flakes.
8. **Serving:** This sauce pairs well with any cooked pasta and is especially perfect with seafood, such as shrimp.
9. **Storage & Leftovers:** Store your Fra Diavolo Sauce in an airtight container in the fridge for up to 3-4 days. Refrigerate promptly to maximize freshness.