



2 tbsp olive oil
1 small onion, finely chopped
3-4 garlic cloves, minced
2 bay leaves
1 tsp dried oregano
1 cinnamon stick
Salt and pepper, to taste
2 tbsp tomato paste
½ cup chicken stock
1 can (28 oz) fire-roasted crushed tomatoes

1. Heat the olive oil in a medium-sized saucepan over medium-high heat. Add the onion, garlic, bay leaf, oregano, cinnamon stick, salt and pepper. Cook until onion translucent and softened.
2. Add the tomato paste, stir for a minute more; then add chicken stock, crushed tomatoes and simmer over low heat for 5-10 minutes. Remove cinnamon stick and bay leaf prior to serving.

