

## **Calamari (Seafood) & Tomato Sauce**

Submitted by Linda Lopos

### **Ingredients:**

- ¼ C olive (or canola) oil
- 4-5 cloves garlic (pressed/chopped)
- 1 envelope Lipton onion soup mix
- ½ C red wine
- ½ C water
- 1 14.5 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 2 bay leaves
- ½ tsp. oregano
- 1 tsp. basil
- 1 Tbsp. sugar
- ¼ tsp. allspice
- ¼ tsp. pepper
- 1 lb. frozen calamari rings (Trader Joe's)

### **Preparation:**

Sauté garlic in oil. Add remaining ingredients (except calamari rings) and simmer for about 45 min. to 1 hr. Prepare pasta of your choice (I use whole wheat thin spaghetti). While spaghetti is cooking, add thawed and drained calamari rings to sauce. Do not overcook the calamari rings----about 5 min. Serve the calamari and sauce over the pasta.

***The Fast Acceptable By God: “A fast acceptable by God is that which together with the abstinence of foods is associated also with the aversion towards sins, envy, hate, slander, mockery, gossip and other evils. So, he who follows the true fast, that which God takes into consideration, ought with all his strength and all his eagerness to depart from all these things and to remain impregnable and unshakable in the attacks which the devil devises.***

***Photios the Great***