

## *Pasta Puttanesca*

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*Servings 6*

*Preparation Time 1 hour*

### **Ingredients**

1 pound linguini  
5 ½ pounds canned plum tomatoes (4 whole, 1 crushed,  
SMT brand if available)  
½ cup extra virgin olive oil  
1 14 oz. can black olives (chopped)  
6 ½ ounces capers (crushed)  
25 garlic cloves (crushed)  
5 2-ounce tins of anchovies (mashed)  
1 cup Italian parsley (chopped)  
3 ½ teaspoons oregano  
2 tablespoons red pepper flakes  
¾ teaspoon black pepper

### **Optional**

1 cup artichoke hearts (sliced in half)  
1 whole onion (sliced thin)  
Salt (to taste)  
½ lemon (juiced)

### **Instructions**

Cook pasta according to manufacturer's directions.  
Pasta must be finished all dente.

Drain the tomatoes and combine with the olive oil.  
Save the juice. Bring the tomatoes to a boil and add the  
other ingredients one at a time.

Reduce the heat and simmer for about 20 minutes.  
Adjust the consistency of the sauce with the remaining  
liquid.

Yield: 5 quarts approximately.

Note: Angel hair pasta is not recommended for this  
dish. A pasta with more body is needed. This is a very  
hearty dish. It tends to be a little salty because of the  
anchovies, so taste it before you add more salt. Use the  
tomato juice to adjust the consistency of the sauce. This  
should be a fairly thick sauce.

Per Serving (excluding unknown items): 684 Calories; 31g Fat  
(41.0% calories from fat); 27g Protein; 74g Carbohydrate; 7g  
Dietary Fiber; 40mg Cholesterol; 3028mg Sodium. Exchanges:  
4 Grain (Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 5 Fat;  
1/2 Other Carbohydrates.

*Jay Schein, Food Services Training Specialist*

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