



## Linguini and Tuna



### INGREDIENTS

4 tablespoons extra virgin olive oil  
1 small onion, finely chopped  
4 garlic cloves, finely chopped  
4 salted anchovies, filleted, soaked for a few minutes, and chopped, or 8 oil-packed anchovies, rinsed and chopped  
6 ounces tuna diced  
1 tablespoon finely chopped flat-leaf parsley  
Hot pepper flakes  
1-1/2 cups chopped fresh ripe tomatoes or whole canned Italian tomatoes  
Salt  
3/4 pound Linguini

Heat the oil in a large saucepan over medium heat. Add the onion, garlic, and anchovies. Cover and simmer until the garlic begins to take on color, about 3 minutes.

Add the tuna, parsley, and hot pepper flakes to taste. Cook for several minutes, breaking up the tuna with a wooden spoon.

Add the tomatoes, cover, and simmer for 20 to 30 minutes, until the sauce is the consistency of a marinara (all the tomato should be cooked down). If the sauce is dry, add a little water to loosen it up. Add salt to taste.

Bring a large pot of salted water to a boil over high heat and add the Linguini. Cook until it is al dente. Drain and add to the sauce. Toss well and serve.