



A Nutrition Resource

EASY MARINARA SAUCE

Yield: 16 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.07

Ingredients:

- 2 Tablespoons vegetable oil
- 2 onions, diced
- 1/2 teaspoon garlic powder
- 2 carrots, peeled and diced
- 3/4 cup diced celery
- 2 (28-ounce) cans crushed tomatoes
- 1 Tablespoon Italian seasoning
- Salt and black pepper to taste
- 2 cups raw spinach, roughly chopped (optional)

Directions:

- 1) Wash the vegetables.
- 2) Collect, dice, and measure all ingredients before starting to prepare the recipe.
- 3) Heat the oil in a large pot over medium heat.
- 4) Add the onion and garlic powder. Cook for about 10 minutes or until the onion is clear.
- 5) Add the carrots and celery and cook for 5 minutes until slightly soft.
- 6) Add the tomatoes and Italian seasoning. Stir until all ingredients are mixed. Taste and add a little bit of salt and pepper if desired.
- 7) Turn the heat up to medium high and bring the sauce to a boil.
- 8) Once boiling, reduce the heat to low. Simmer uncovered for at least 30 minutes.
- 9) Stir in the spinach and cook for 2 minutes until spinach wilts. *
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*For a smoother sauce, blend in a blender or food processor.

Nutrition Facts

16 servings per container	
Serving size	1/2 Cup (89g)
Amount Per Serving	
Calories	35
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 214mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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Be creative! Use as sauce for pasta or as pizza sauce.

This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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