EASY MARINARA SAUCE

PREP TIME: 10 minutes
COOK TIME: 45 minutes
SERVES: 16 servings (½ cup per serving)

INGREDIENTS:

- 2 tablespoons vegetable oil
- 2 onions, diced
- ½ teaspoon garlic powder
- 2 carrots, peeled and diced
- ¾ 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)

STEPS:

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 together. 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.

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

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

Nutrition Facts

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