

EASY MARINARA SAUCE



PREP TIME:

10 minutes

COOK TIME:

45 minutes

SERVES:

16 servings
(½ cup per serving)

INGREDIENTS:

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|-----------------------------|--|
| 2 tablespoons vegetable oil | 2 (28 ounce) cans crushed tomatoes |
| 2 onions, diced | 1 tablespoon Italian seasoning |
| ½ teaspoon garlic powder | Salt and black pepper to taste |
| 2 carrots, peeled and diced | 2 cups raw spinach, roughly chopped (optional) |
| ¾ cup diced celery | |

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	
6 servings per container	
Serving size	1/2 Cup (87g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 319mg	6%
* 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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