

Marinara Sauce

Component: Vegetable

Main Dish/Snack

Recipe : Let's Cook Healthy 4.6

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 Tbsp			<ol style="list-style-type: none"> 1. Heat the oil in a heavy-bottomed saucepot over low heat. 2. Add the onion and sauté until translucent, about 6 minutes. 3. Add the garlic, onion powder, and tomato sauce. 4. Bring to a simmer and add the herbs. 5. Simmer for 30 minutes. 6. Add the vinegar, salt and pepper. Omit salt if low sodium tomato sauce is not available. 7. CCP: Hold for hot service at 135 °F or higher.
Minced Spanish onion		3 Tbsp			
Garlic powder OR Minced garlic		2 ¼ tsp OR 1 tsp			
Onion powder		1 ½ tsp			
Low sodium tomato sauce	106 oz	13 cups (1 #10 can)			
Dried oregano		1 ½ tsp			
Dried basil		½ tsp			
Cider vinegar		1 ½ tsp			
Salt (omit if low sodium sauce is not available)		½ tsp			
Pepper		½ tsp			

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Notes:

Nutrient information calculated using Food Processor.



Serving: ¼ cup provides ¼ cup of red or orange vegetable

1-2 years: varies, see menu notes

3-5 years: varies, see menu notes

6-18 years: varies, see menu notes

Nutrients Per Serving

Calories	24.35	Saturated Fat	0.02 g	Iron	0.41 mg
Protein	1.09 g	Cholesterol	0 mg	Calcium	1.44 mg
Carbohydrate	4.42 g	Vitamin A	15.64 RAE mcg	Sodium	33.85 mg
Total Fat	0.28 g	Vitamin C	9.42 mg	Dietary Fiber (2016)	1.10 g