

# 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			<p>1. Heat the oil in a heavy-bottomed saucepot over low heat.</p> <p>2. Add the onion and sauté until translucent, about 6 minutes.</p> <p>3. Add the garlic, onion powder, and tomato sauce.</p> <p>4. Bring to a simmer and add the oregano and basil. Simmer for 30 minutes.</p> <p>5. Add the vinegar, salt and pepper. Omit salt if low sodium tomato sauce is not available.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
*Spanish onion, minced		3 Tbsp			
Garlic powder OR Garlic, fresh, minced (adjust as needed)		2 ¼ tsp OR 1 tsp			
Onion powder		1 ½ tsp			
Tomato sauce, canned, low-sodium	106 oz	13 cups (1 #10 can)			
Oregano, dried		1 ½ tsp			
Basil, dried		½ tsp			
Cider vinegar		1 ½ tsp			
Salt (omit if low sodium tomato 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



## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mild Onion	1.5 oz	3 oz

## Nutrients Per Serving

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