

Marinara Sauce

Ingredients

4 teaspoons olive oil
4 cloves garlic, chopped
¾ cup chopped onion (optional)
4 (28-ounce) cans tomatoes, crushed, whole, or chunk
1½ teaspoon salt
2 teaspoons black pepper
2 teaspoons dry parsley
2 teaspoons dry basil
1 Tablespoon garlic powder granules

Makes 28 servings

Instructions

1. Sauté chopped garlic and onions in olive oil on medium heat until light golden brown.
2. Add tomatoes, salt, pepper, parsley, basil and garlic powder.
3. Continue cooking on medium heat for 30 minutes.
4. Turn down heat to low and continue cooking for about 1-½ hours, stirring occasionally.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 28

Amount Per Serving	
Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 15%	• Vitamin C 20%
Calcium 4%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

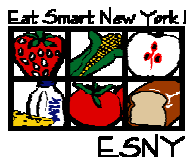
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

20% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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