

## 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           |                      |
|------------------------------|----------------------|
| <b>Calories 45</b>           | Calories from Fat 10 |
| <b>% Daily Value*</b>        |                      |
| <b>Total Fat 1g</b>          | <b>2%</b>            |
| Saturated Fat 0g             | <b>0%</b>            |
| Trans Fat 0g                 |                      |
| <b>Cholesterol 0mg</b>       | <b>0%</b>            |
| <b>Sodium 270mg</b>          | <b>11%</b>           |
| <b>Total Carbohydrate 9g</b> | <b>3%</b>            |
| Dietary Fiber 2g             | <b>8%</b>            |
| Sugars 0g                    |                      |
| <b>Protein 2g</b>            |                      |
| 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:

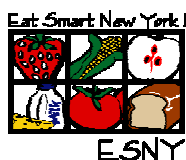
|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less 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.

October 2009



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

