

Making Marinara Sauce

Ingredients

- 1 28 ounce can of Peeled Tomatoes
- 1 yellow Onion
- 3-4 cloves Garlic
- 2 tbsp Olive Oil
- Pepper, Oregano, Basil, and Red Pepper Flakes to taste



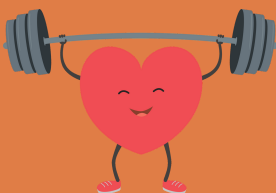
Directions

1. Chop Onion into slices and mince the Garlic.
2. Heat one tbsp Olive Oil in a large sauce pan and sauté Onion and Garlic for 5 minutes
3. Add Tomatoes, Seasonings, and remaining Olive Oil to the pan.
4. Simmer on low for 30 minutes
5. Then put sauce in blender and blend until desired consistency is reached.
6. Serve 1/3 cup of sauce over 1/2 cup of whole grain pasta or 1/2 cup of roasted veggies. Store leftovers in freezer for 6 months.

Why make at home?

Many store bought marinara sauces have high sugar contents to make marinara sauce have that sweet taste. But, cooking the tomatoes at home brings the natural sweetness out of the tomatoes when simmering. This gives marinara sauce that sweet flavor with zero added sugar!

Protein Add-Ins



Meatless Option

-add 2 cups lentils when adding tomatoes and seasonings

Meat Option

-add 1 lb. of extra lean ground turkey when sautéing onion & garlic