BASIC MARINARA SAUCE

SERVES 6

Preparation time: 20 minutes
Cook time: 20 minutes

INGREDIENTS

1 medium onion, chopped
3-4 cloves garlic, minced
1 teaspoon vegetable oil
1 28-ounce or 2 15-ounce cans diced tomatoes (or 4 cups fresh, chopped)
1 6-ounce can tomato paste
1 bay leaf
1 teaspoon dried leaf oregano
1 teaspoon dried leaf basil
Salt and pepper to taste
Water as needed to thin sauce

DIRECTIONS

1. Sauté onion and garlic in oil until translucent.
2. Add diced tomatoes, tomato paste, bay leaf, oregano, basil, and salt and pepper to onion mixture.
3. Let simmer for at least 20 minute to blend flavors.
4. Remove bay leaf before serving.

SIMPLY GOOD EATING

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TIPS & VARIATIONS

• USE BASIC MARINARA SAUCE with pasta, as pizza sauce, or in an Italian style soup or hot dish.
• CHECK NUTRITION LABELS when buying canned tomatoes and tomato paste to choose a low-sodium option.