Marinara Sauce

Component: Vegetable Main Dish/Snack Recipe : Let's Cook Healthy 4.6

	50 Servings		Servings				
Ingredients	Weight	Measure	Weight	Measure	Directions		
Vegetable oil		1 Tbsp			Heat the oil in a heavy-bottomed saucepot over low heat.		
*Spanish onion, minced		3 Tbsp			2. Add the onion and sauté until translucent, about 6		
Garlic powder OR		2 ¼ tsp OR			minutes.		
Garlic, fresh, minced (adjust as needed)		1 tsp			3. Add the garlic, onion powder, and tomato sauce.		
Onion powder		1 ½ tsp			4. Bring to a simmer and add the oregano and basil. Simmer for 30 minutes.		
Tomato sauce, canned, low- sodium	106 oz	13 cups (1 #10 can)			5. Add the vinegar, salt and pepper. Omit salt if low sodium tomato sauce is not available.		
Oregano, dried		1 ½ tsp			Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F. 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		
Basil, dried		½ tsp					
Cider vinegar		1 ½ tsp					
Salt (omit if low sodium tomato sauce is not available)		½ tsp			- 135 F		
Pepper		½ tsp			-		

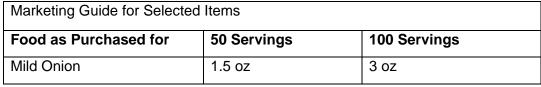
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Notes:

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





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