



Simple Tomato Marinara Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon garlic powder (or 6-8 garlic cloves, minced)
- ½ teaspoon oregano (or 2 teaspoons fresh)
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 1 tablespoon chopped fresh basil (can substitute the same amount of basil paste or 1 teaspoon dried basil)
- 1 tablespoon red wine vinegar
- 1 teaspoon sugar
- ¼-½ teaspoon salt, to taste
- ¼-½ teaspoon ground black pepper, to taste

Directions

1. Add the oil, onion powder, garlic powder, and oregano to a medium saucepan or a sauté pan.
2. Set the pan over medium heat, heating until fragrant, about 2-5 minutes.
3. Add the tomatoes, basil, vinegar, sugar, salt, and black pepper.
4. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
5. Cook, stirring often, until the flavors have blended, about 5-10 minutes.
6. Serve warm as desired, such as over your choice of pasta or as a dipping sauce.

Recipe Notes

- Consider adding any leftover veggies you have to this sauce. Simply mince or puree them prior to adding to the sauce.
- Try making tomato soup out of this sauce by adding 1 cup of unsalted chicken broth or milk.

**Nutrition Facts Per Serving: Calories: 55 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 180 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs