



EATING SMART  
BEING ACTIVE

## Easy Marinara Sauce

Makes: 16 servings (½ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 45 minutes

### Ingredients

- 2 tablespoons vegetable oil
- 2 onions, diced
- ½ teaspoon garlic powder
- 2 carrots, peeled and diced
- ¾ cup diced celery
- 2 (28 ounce) cans crushed tomatoes
- 1 tablespoon Italian seasoning
- Salt and black pepper to taste
- 2 cups raw spinach, roughly chopped (optional)

### Directions

1. Wash the vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat the oil in a large pot over medium heat.
4. Add the onion and garlic powder. Cook for about 10 minutes or until the onion is clear.
5. Add the carrots and celery, and cook for 5 minutes until slightly soft.
6. Add the tomatoes and Italian seasoning. Stir until all ingredients are mixed together. Taste, and add a little bit of salt and pepper if desired.
7. Turn the heat up to medium high, and bring the sauce to a boil.
8. Once boiling, reduce the heat to low. Simmer uncovered for at least 30 minutes.
9. Stir in the spinach, and cook for 2 minutes until spinach wilts.\*
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\* For a smoother sauce, blend in a blender or food processor.

**Be creative!** Use as sauce for pasta or as pizza sauce.

This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1/2 Cup (89g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 214mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Fruits and Veggies: Half Your Plate*