

# Garden Marinara

Bring the garden onto your plate with this flavorful sauce that can be changed depending on what vegetables are in season!

Serves 6



## Nutrition Facts

Serving Size 1 Cup  
Servings Per Recipe 6

Amount Per Serving

**Calories 400**    Calories from Fat 70

% Daily Value\*

**Total Fat 8g**                      **12%**

    Saturated Fat 2g                **10%**

    Trans Fat 0g

**Cholesterol 5mg**                 **2%**

**Sodium 500mg**                  **21%**

**Total Carbohydrate 68g**       **23%**

    Dietary Fiber 5g               **20%**

    Sugars 9g

**Protein 15g**

Vitamin A 100%    •    Vitamin C 70%

Calcium 10%        •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Ingredients

- 2 tablespoons olive oil
- 1 small onion, minced
- 2-3 cloves garlic, minced
- 2 carrots, peeled and minced
- 1 bell pepper, chopped
- 1 15-ounce can tomato sauce
- 2-3 medium tomatoes diced or 1 15-ounce can diced tomatoes
- 3 tablespoons fresh herbs, minced (ex. basil, oregano, thyme, etc.)
- Salt and pepper to taste

## Directions

1. In a large pot, heat olive oil over medium heat.
2. Add onion and sauté 3-5 minutes stirring frequently.
3. Add garlic, carrots, and peppers and sauté approximately 5 more minutes.
4. Add tomato sauce, tomatoes, and herbs. Season with salt and pepper to taste, and stir to combine.
5. Serve over pasta and top with parmesan cheese if desired.

