Garden Marinara

Bring the garden onto your plate with this flavorful selection of fresh vegetables.

Serves 6

Nutrition Facts

Serving Size about 1 cup
Servings Per Container 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:

	Calories:	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 finely chopped
- 1 bell pepper, finely chopped
- 1 15-ounce can tomato sauce
- 2-3 medium tomatoes peeled and diced or 1 15-ounce can diced tomatoes
- 3 tablespoons fresh herbs, minced (basil, oregano, thyme, etc.)
- salt and pepper to taste
- 16 ounces pasta, cooked according to package directions
- ½ cup parmesan cheese (optional)

Directions

1. In 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 minutes more.
4. Add remaining ingredients, reduce heat to low, and simmer approximately 30 minutes.
5. Serve on pasta and top with parmesan cheese if desired.

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