

Made-in-Minutes Marinara

Source: Dustin Harder @theveganroadie

About the Recipe

41 Calories • 1 g Protein • 2 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1 tablespoon (15 mL) olive oil (see notes for oil-free option)
- 1 onion, chopped
- 6 cloves garlic, minced
- 1 28-ounce can no-salt-added diced tomatoes
- 1 tablespoon (3 g) dried oregano
- 1 teaspoon dried basil leaves
- 1/2 teaspoon sea salt

Directions

1. Heat the oil in a large skillet fitted with a lid over medium heat. Add the onion and saute 3 minutes until soft and translucent. Add the garlic and saute 1 additional minute until fragrant.
2. Add the tomatoes with their juice, oregano, basil, and salt. Stir well to combine. Cover and simmer for 15 minutes. Taste and adjust seasoning as desired.
OIL-FREE: Omit the oil and saute the onion and garlic in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed.
NOTE: For a creamier marinara, use an immersion blender to partially blend the marinara. If you don't have an immersion blender, transfer half of the marinara to a blender, blend until smooth, and then transfer back to the skillet. Stir to combine with the chunky marinara.

Nutrition Facts

Per serving:

Calories: 41

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 43%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 6 g

Sugar: 2 g

Fiber: 2 g

Sodium: 157 mg

Calcium: 48 mg

Iron: 1 mg

Vitamin C: 14 mg

Beta-Carotene: 267 mcg

Vitamin E: 1 mg