

Side | Lunch | Dinner

One Pot Herbed Marinara Sauce

Side Effect: Dry Mouth

5 Mins
Prep Time

45 Mins
Cook Time

2 Cups
Servings

93 Calories **7g Fat** **6g Carbs** **1g Protein**



Ingredients

2 Cups **50 Mins Total Time** **Allergens: None**

28 oz Can Whole Peeled Tomatoes

2 Tsp Onion Powder

2 Cloves Whole Garlic, peeled

½ Tbsp Dried, Italian Seasoning

2 Tbsp Extra Virgin Olive Oil

½ Tsp Sugar

Salt and Pepper, to taste

Nourishment Note



Sauce

Sauces, such as pasta sauce, add moisture to dishes making them easier to swallow. This is helpful when dealing with a dry mouth.



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene may help to prevent or slow the progression of certain types of cancers.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

In a medium-sized saucepan, combine all ingredients.

3. Prep Tomatoes

Over medium-high heat, bring the sauce to a simmer.

4. Cook Sauce

After 15 minutes, smash the tomatoes with a spoon, breaking them down into smaller pieces. Allow mixture to simmer for 30 minutes, stirring occasionally.

5. Serve & Enjoy

Discard garlic cloves. Enjoy over chicken, fish, or pasta.

6. Store

Refrigerate sauce within two hours. Sauce will keep in the refrigerator for two days, or frozen for up to three months.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Measuring Spoons



Medium-Sized Saucepan



Spoon



Can Opener

Fatigue Buster

- Make a double batch and freeze into single servings. Thaw and add to entrées to add moisture and help soften when dealing with a dry mouth.
- Ask a friend or family member to help prepare this dish.