

Lunch | Dinner

# One Pot Herbed Marinara Sauce

**5 Mins**  
Prep Time

**45 Mins**  
Cook Time

**2 Cups**  
Servings

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



## Ingredients

**2 Cups Servings** **50 Mins Total Time** **Allergens: N/A**

28 oz Can Whole Peeled Tomatoes

2 Tsp Onion Powder

2 Cloves Garlic, whole and peeled

½ Tbsp Dried, Italian Seasoning

2 Tbsp Olive Oil

½ Tbsp Sugar

Salt and Pepper, to taste

### Nourishment Note



#### Tomatoes

Tomatoes are an excellent source of many nutrients, including folate and vitamin A, both of which are especially important for those with Crohn's disease and ulcerative colitis.



#### Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.

## Instructions

### 1. Combine Ingredients

In a medium-sized saucepan, combine all the ingredients. Over medium-high heat, bring the sauce to a simmer.

### 2. Prep Tomatoes

After 15 minutes, smash the tomatoes with a spoon, breaking them down into smaller pieces.

### 3. Cook Sauce

Allow mixture to simmer for 30 minutes, stirring occasionally.

### 4. Serve & Enjoy

Discard whole garlic cloves, and enjoy pasta sauce warm over favorite entrée. Note: This recipe keeps well for 5-7 days in the refrigerator, or may be frozen for up to 6 months.

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

## What You'll Need



Measuring Spoons



Medium-Sized Saucepan



Spoon

Can Opener

### Remission Remix

- Replace onion powder with diced onion. Sauté until golden in olive oil, then add additional sauce ingredients.