



Basic Marinara



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 6 cloves garlic minced
- ☐ 84 ounce no-salt-added tomatoes crushed canned

- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 3 cups onion yellow chopped (3 medium)

Equipment

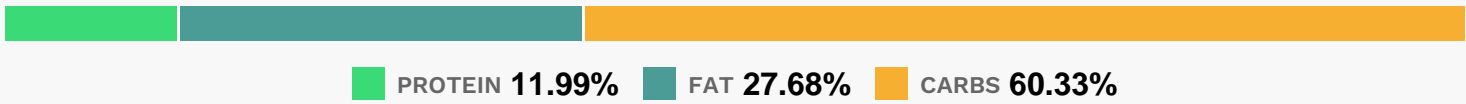
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ ziploc bags
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion to pan; cook 4 minutes, stirring frequently.
- ☐ Add sugar and next 7 ingredients (through fennel seeds); cook 1 minute, stirring constantly. Stir in vinegar; cook 30 seconds.
- ☐ Add broth and tomatoes; bring to a simmer. Cook over low heat for 55 minutes or until sauce thickens, stirring occasionally.
- ☐ To store in the freezer: Ladle room-temperature or chilled sauce into plastic containers or zip-top plastic bags. Seal and freeze for up to four months. Consider freezing the sauce in one-cup increments (two servings' worth). That way, you can pull out exactly as much as you want for future meals.
- ☐ To thaw sauce: Try one of three methods.
- ☐ Thaw in the refrigerator overnight.
- ☐ Place frozen blocks in a saucepan. Cover and bring to a low simmer over medium heat, stirring occasionally.

- ☐
- Place frozen blocks in a microwave–safe bowl. Cover and microwave at HIGH one minute at a time, stirring after each increment until thawed.
- ☐
- To boost taste: Long stints in the freezer can dull the taste of tomatoes. To perk up thawed sauce, add one–half teaspoon finely grated lemon rind or one teaspoon balsamic vinegar while reheating.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.99, Inflammation Score:-5, Nutrition Score:6.100000075672%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 2.11g (3.24%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.96g (6.62%), Cholesterol: 0mg (0%), Sodium: 403.58mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin C: 10.88mg (13.18%), Manganese: 0.26mg (12.76%), Vitamin E: 1.53mg (10.22%), Copper: 0.2mg (10.01%), Potassium: 336.09mg (9.6%), Fiber: 2.38g (9.51%), Vitamin B6: 0.19mg (9.39%), Vitamin K: 9.46µg (9.01%), Iron: 1.58mg (8.78%), Vitamin B3: 1.36mg (6.81%), Magnesium: 23.71mg (5.93%), Vitamin B1: 0.09mg (5.81%), Calcium: 46.47mg (4.65%), Folate: 17.59µg (4.4%), Vitamin A: 218.64IU (4.37%), Phosphorus: 41.86mg (4.19%), Vitamin B2: 0.06mg (3.77%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.33mg (2.2%), Selenium: 1.24µg (1.77%)