

SAUCES & DIPS

Simple Marinara Sauce

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	10 min	40 min	8	\$0.81	133 kcal



Simple Marinara Sauce is a sauce that serves 8. One serving contains 133 calories, 6g of protein, and 6g of fat. For 81 cents per serving, this recipe covers 13% of your daily requirements of vitamins and minerals. 67 people found this recipe to be tasty and satisfying.

Ingredients

- ☐ 2 bay leaves

☐ 2½ tablespoons dried parsley

☐ 2 tablespoons olive oil

☐ 2½ tablespoons dried oregano

☐ ¼ cup grated Romano cheese
- ☐ 28 ounce crushed tomatoes
canned

☐ 3 cloves garlic, minced

☐ 1 teaspoon onion powder

☐ 1/3 cup grated Parmesan cheese

☐ 28 ounce tomato puree
canned

EQUIPMENT Sauce pan

Method

- 1

Heat oil in a large saucepan over medium heat.
- 2

Saute garlic until aromatic and tender. Stir in crushed tomatoes, tomato puree, oregano, parsley, Romano cheese, Parmesan cheese, bay leaves and onion powder. Reduce heat to low and simmer for at least 40 minutes.

Nutrition per serving			
	133	6 g	6 g
	KCAL	PROTEIN	FAT
			17 g
			CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			4.7 g · 19% of daily needs
Sugar			8.9 g · 10% of daily needs
Sodium			376 mg · 16% of daily needs
Cholesterol			6.9 mg · 2% of daily needs
Vitamin C			19.5 mg · 24% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/simple-marinara-sauce-148389