



## Tomato (Marinara) Sauce

### EQUIPMENT

Gram Scale  
Measuring Cups & Spoons  
Liquid Measuring Cup (crushed tomatoes)  
Cutting Board  
Sharp Knife, Spatula  
Can Opener  
Pot & lid (medium size)  
Jars or containers for leftover sauce


### Nutrition Facts *Metabolic Pro #7004, 6/8/2020*

Per serving	Per entire recipe
Calories: 28	Calories: 458
Protein: 0.9 gm	Protein: 15.3 gm
Carbohydrate: 5 gm	Carbohydrate: 77 gm
Phenylalanine: 23 mg (1.5 exch)	Phenylalanine: 376 mg
Leucine: 32 mg (1 exch)	Leucine: 525 mg

**PREP TIME:** 15 minutes

**COOK TIME:** 30 minutes

### INGREDIENTS

1 tablespoon Canola Oil\*  
160 gm (1 cup) Yellow Onion, chopped (1 onion)  
1 ½ teaspoon Garlic, minced  
½ cup Vegetable Stock\*  
1 (28 ounce) can Crushed Tomatoes  
1 tablespoon Fresh Flat-Leaf (Italian) Parsley, finely chopped  
 Gently rub produce under cold running water.  
1 ½ teaspoon Table Salt  
½ teaspoon Ground Black Pepper

### DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe. *Read the recipe in its entirety before starting.*
2. Wash your hands with soap and water.
3. Once you have measured out all of the ingredients, heat the canola oil in a large pot



over medium-high heat. Be careful that it does not smoke.

4. Add the onion and sauté over medium heat until translucent, 5-10 minutes.
5. Add the garlic and cook for one more minute.
6. Add the vegetable stock and cook on high heat, scraping up all of the brown bits in the pan until most of the liquid evaporates, about 3 minutes.
7. Stir in the canned tomatoes, fresh parsley, salt and black pepper.
8. Reduce to a simmer on the lowest heat & cover for 15 minutes.
9. Leftovers can be packed up in glass jars or containers. Label and date.

**YIELD:** 1000 ml (33.3.oz) [995 gm]

**SERVING SIZE for COOKING DEMO:** 4 Tablespoons/serving of pasta

**NUMBER of SERVINGS:** 16.5

#### THE RECIPE:

- The nutrient values are approximations due to the variations in ingredients and measurements.
- The nutrition content was calculated by a registered dietitian.
- The nutritional values used in the calculations came from Metabolic Pro (GMDI) and the USDA Agriculture Research Service Data Central.
  - **Metabolic Pro:**
    - <https://www.metabolicpro.org/>
  - **United States Department of Agriculture (USDA):**
    - <https://fdc.nal.usda.gov/>
  - Accessed: 6/8/2020

#### SOURCES:

- **Ina Garten Marinara Sauce Recipe:**
  - <https://www.foodnetwork.com/recipes/ina-garten/marinara-sauce-recipe-1948638>
  - Accessed 6/8/2020
  - *\*Original recipe used olive oil & red wine. For the eCamp cooking class demo, the same amount of canola oil & vegetable stock were used instead.*
- **Safe Recipe Guide:**
  - <https://www.saferecipeguide.org/>
  - Accessed: 6/8/2020
- **Centers for Disease Control & Prevention (CDC):**
  - <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
  - Accessed: 6/8/2020
- **Food & Nutrition Magazine ®:**
  - <https://foodandnutrition.org/about-us/about-our-recipes/>; Accessed: 6/8/2020