

Marinara Sauce

Makes 3 serving ² (1 vegetable)
2 grams protein
1 gram fat
71 calories per serving

Ingredients

- 1½ cups tomatoes, chopped
(or more if you wish to increase the recipe)
- 1 cup chicken or vegetable broth
- 1 six ounce can tomato paste
- 1 tablespoon dried basil or fresh basil, rolled and chopped to taste
- 2 tablespoons onion, minced
- 2 cloves of garlic, crushed and minced
- 1 teaspoon dried oregano
- Cayenne pepper to taste
- Pinch of marjoram
- Sea salt and pepper to taste

Directions

1. Chop tomatoes or puree in a food processor for a smoother texture.
2. Add spices and heat in a saucepan.
3. Allow to slow cook for 30 minutes to an hour.
4. Allow the liquid to reduce or add additional water to achieve desired consistency.

