Loma Linda University Allied Health Nutrition & Dietetics

Marinara Sauce

Portions: 150

Ingredient

<u>Amount</u> <u>Item</u> 1.5 c Olive oil

20 ea Large onions, chopped

1 c Garlic, minced 4 #10 cans Tomato puree

10 Tbsp Salt

½ c Dried Italian Herbs

½ c Sugar

3 c Fresh basil, chopped

Method

- 1. Gather onions and dice them.
- 2. Mince garlic.
- 3. Chop fresh basil for garnish
- 4. Heat olive oil in a medium-sized pot.
- 5. Fry onion until transparent (about 3 minutes), then add the garlic until fragrant (about 30 seconds).
- 6. Add tomato puree to the pot on medium heat (stir continuously).
- 7. Add salt, Italian herbs, and sugar to the tomato puree.
- 8. Cover with lid to simmer for about 8 minutes, or until sauce has thickened slightly.
- 9. Add 2 quarts of water.
- 10. Use handheld (immersion) blender to blend until smooth.
- 11. Taste test and adjust salt and pepper, as needed.