

Foods 1 – Antioch Community High School – Mrs. Carl

This recipe is double the amount we made in class. It makes about 4 cups of sauce, enough for about 8 ounces (half a pound) of spaghetti.

Marinara Sauce

2 Tbs. oil
1/2 c. chopped green bell pepper
1/2 c. chopped onion
2 garlic cloves, minced
2 - 14 ounce cans diced peeled tomatoes, do not drain – if you do not like “chunky” sauce, use pureed tomatoes
1 - 8 ounce can tomato sauce
1 tsp. oregano – or use Italian seasoning
1/2 tsp. salt
1/2 tsp. sugar

Heat oil in medium skillet over medium high heat. Add bell pepper, onion, and garlic, cook 2 to 4 minutes, stirring frequently. Add remaining ingredients. Bring to a boil. Reduce heat; simmer uncovered 15 to 20 minutes. Serve over hot pasta. Tastes great with a sprinkle of Parmesan cheese, a side salad, and garlic bread.

Variations: add cooked and drained ground beef or Italian sausage or meatballs or chopped pepperoni.

