

# Marinara Sauce

- 28 oz. Tomato Paste, low sodium
- 26 oz. Tomato Sauce
- ¼ tsp. Chicken Base
- 4 cups Water
- 1 tbsp. Sugar
- 2 tsp. Italian Seasoning
- ⅛ tsp. Black Pepper
- ⅛ tsp. Parsley
- 1 tbsp. Onions, diced
- 1 Bay Leaf
- 1/2 tsp. Olive Oil
- 1 tsp. Garlic, chopped

## Nutritional Info.

Calories	46
Total Fat	.9 gms
Saturated Fat	0
Cholesterol	0
Sodium	143 mg
Carbohydrates	9 gms
Fiber	2 gms
Protein	2 gms

Add olive oil to pan, add garlic and onions. Let cook for 15 minutes. Crush bay leaf. Add all ingredients and cook for 1 - 1 1/2 hours

Recipe Yields: 8, 1/2 cup servings