



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Marinara Sauce

Ingredients:

- 4 teaspoons olive oil
- 4 cloves garlic, chopped
- 3/4 cup chopped onion (optional)
- 4 (28-ounce) cans tomatoes, crushed, whole, or chunk
- 1 1/2 teaspoon salt
- 2 teaspoons black pepper
- 2 teaspoons dry parsley
- 2 teaspoons dry basil
- 1 Tablespoon garlic powder granules

Makes 28 servings - 20% calories from fat

Instructions:

1. Sauté chopped garlic and onions in olive oil on medium heat until light golden brown.
2. Add tomatoes, salt, pepper, parsley, basil and garlic powder.
3. Continue cooking on medium heat for 30 minutes.
4. Turn down heat to low and continue cooking for about 1-1/2 hours, stirring occasionally.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 28	
Amount Per Serving	
Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 15%	Vitamin C 20%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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