

Super Veggie Marinara Sauce

Pampered Chef
Independent Consultant

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Ingredients

2 tbsp (30 mL) olive oil
3 garlic cloves, pressed
1 can (28 oz./794 g) crushed tomatoes
1 tsp (5 mL) dried basil
¼ tsp (1 mL) salt
6–8 scoops Enrichables™ Super Veggie

Method

Heat the oil in a medium saucepan over medium heat for 1–3 minutes. Add the garlic and cook for 15–30 seconds, stirring frequently until it's fragrant. Add the tomatoes, basil, and salt. Bring to a simmer; cook for 15–20 minutes. Remove from heat and stir in the Enrichables™.

Yield:

6–8 servings

Nutrients per serving:

U.S. nutrients per serving: Calories 110, Total Fat 4.5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 13 g, Fiber 4 g, Total Sugars 5 g (includes 0 g added sugar), Protein 3 g



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4.9 ★★★★★

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