

Marinara Sauce

24 oz tomato puree
1 green bell pepper, chopped
1 red bell pepper, chopped
½ cup minced onion
1 tsp dried oregano
½ lb mushrooms, sliced
1 tsp dried basil
½ tsp garlic powder

In a large saucepan over medium heat, combine all ingredients, mixing thoroughly. Let simmer 40 to 50 minutes, allowing flavors to blend.

NUTRITION FACTS

20 Servings
Serving Size ¼ cup

AMOUNT PER SERVING

Exchanges
1 Vegetable

Calories	19
Calories from fat	0
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	135 mg

Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	2 g
Protein	1 g