

# Kirk's Marinara Sauce

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

A straightforward and easy tomato sauce. Fitting for meatball subs, pasta, or a dipping sauce for chicken fingers.

2 tablespoons vegetable oil  
1/3 cup minced Spanish onion  
(1/3 pound or 1 large)  
1 1/2 tablespoons garlic powder  
or 3 cloves minced garlic  
1 tablespoon onion powder  
24 cups tomato puree or  
tomato sauce (2 #10 cans or 212  
ounces)  
1 tablespoon dried oregano  
1 teaspoon dried basil  
1 tablespoon cider vinegar  
1 teaspoon salt  
1 teaspoon pepper

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: 1/4 CUP**

Heat the oil in a heavy-bottomed saucepot over low heat.

Add the onion and sauté until translucent, about 6 minutes.

Add the garlic and onion powder and the tomato puree or sauce.  
Bring to a simmer and add the herbs.

Simmer for 30 minutes, add the vinegar and salt and pepper  
to taste.

## **NUTRITIONAL INFORMATION**

CALORIES: 24; SODIUM: 92.76 MG; SATURATED FAT: 1.47%

## **USDA REQUIREMENTS MET**

1/4 CUP OF RED OR ORANGE VEGETABLE