

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