



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Tomato Sauce (Meatless)

Makes: 1 Quart or 1 Gallon

Ingredients	1 Quart		1 Gallon	
	Weight	Measure	Weight	Measure
Vegetable oil		2 1/4 tsp		3 Tbsp
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	13 1/2 oz	2 1/4 cups
OR		OR	OR	OR
Dehydrated onions		1/4 cup 1 Tbsp	2 1/2 oz	1 1/4 cups
Canned low-sodium tomato paste	9 1/4 oz	1 cup	2 lb 5 oz	1 qt (1/3 No. 10 can)
Canned low-sodium diced tomatoes, with juice	1 lb 9 1/2 oz	3 cups 1 Tbsp (1/4 No. 10 can)	6 lb 6 oz	3 qt 1/4 cup (1 No. 10 can)
Water		1/2 cup		2 cups
Ground black or white pepper		1/8 tsp		1/2 tsp
Dried parsley		1 Tbsp		1/4 cup
Granulated garlic		2 1/4 tsp		1 Tbsp
Dried basil		1/4 tsp		1 tsp
Dried oregano		1/4 tsp		1 tsp
Dried marjoram		1/8 tsp		3/4 tsp
Dried thyme		pinch		1/4 tsp

Directions

1. Heat oil. Add onions and cook approximately 5 minutes.
2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart tomato sauce (meatless), use 3/4 tsp Italian Seasoning Mix; for 1 gallon tomato sauce (meatless), use 1 Tbsp Italian Seasoning Mix.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

My Notes

Source: USDA Recipes for Schools

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/8 cup

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)