

Marinara Sauce

Yield: 6 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-italian-creamy-pink-sauce-recipe>

Ingredients:

- 1/4 cup olive oil
- 1 whole white onion Yellow Or, Diced
- 5 cloves garlic Minced
- 2 whole carrots Large, Peeled And Finely Diced
- 2 cans tomatoes 28 Ounces Each Whole
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons sugar more To Taste
- 2 tablespoons fresh oregano Minced, optional; Use Whatever Dried Or Fresh Herbs You Like
- 2 tablespoons fresh parsley Minced, Plus More For Serving
- pasta Cooked, For Serving
- fresh Parmesan cheese For Serving
- 3 tablespoons tomato paste optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 280 milligrams
8. Sugar: 7 grams

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