

Authentic Italian Marinara Sauce

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-marinara-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, chopped
- 3 cloves garlic minced
- 1 carrot diced
- 1 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 56 ounces whole peeled tomatoes

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 16 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 570 milligrams
7. Sugar: 1 grams

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