

# Perfect Homemade Marinara Sauce

Yield: 11 min  
Total Time: 120 min

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

## Ingredients:

- 2 yellow onions large, peeled and cut into quarters
- 12 cloves garlic peeled
- 4 tablespoons dried Italian seasoning
- 2 teaspoons crushed red pepper depending on how spicy you want your sauce to be
- 1 1/2 tablespoons granulated sugar
- 2 teaspoons salt more to taste
- 1 1/2 teaspoons ground black pepper more to taste
- 1/3 cup extra virgin olive oil
- 112 ounces crushed tomatoes I like to use fire roasted tomatoes
- 1 cup dry red wine
- 1 tablespoon Worcestershire sauce
- 1/2 cup chopped fresh parsley
- 3/4 cup chopped fresh basil

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 830 milligrams
8. Sugar: 3 grams

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