

MARINARA SAUCE

A rich, deeply flavorful Italian-style red sauce, completely sugar-free



INSTRUCTIONS

1. Sauté the vegetables

- 2 Tbsp olive oil
- 1 small onion, finely chopped
- 2 stalks celery, finely chopped
- 2 cloves garlic, minced

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery, and garlic, and cook until tender.

2. Simmer the sauce

- 54 oz canned crushed tomatoes
- 1/4 cup basil, roughly chopped
- 1 tsp monk fruit/allulose blend
- 1 tsp lemon juice
- 1/2 tsp salt, to taste
- 1/2 tsp pepper

Add the remaining ingredients to the pot and bring to a boil. Once boiling, reduce the heat to low, cover, and simmer for 40 minutes.

3. Serve

Remove from heat and serve immediately, or let cool completely before storing.

NUTRITION (per 2/3 cup serving, makes about 8 cups)

- Calories: 72
- Total Fat: 2g
- Total Carbs: 5g
- Fiber: 3g
- Net Carbs: 2g
- Protein: 1g

STORAGE

Store in an airtight container in the fridge for up to 2 weeks. Freezes well in a shallow container for up to 6 months. Reheat in a pan over medium heat or in the microwave until warm.



Recipe created by Mind-Body Functional Health.
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