

Spaghetti Marinara Recipe



Yield: 6, 2-cup servings

Ingredients

- 2- 15 ounce cans of tomato sauce
- 1-15 ounce can of diced tomatoes
- 1 Tablespoon dried or fresh oregano
- 1 Tablespoon dried or fresh basil
- 2 teaspoons of onion powder
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon pepper
- 1 - 13 ounce package of pasta
- 2 cups sauteed seasonal vegetables

Instructions for Adults

Help child open cans with a can opener. Boil noodles according to package instructions. Assist children at the stove to ensure safety.

Instructions for Kids

- Pour tomato sauce and diced tomatoes into a saucepan over medium heat on the stovetop.
- Measure each of the spices & add to the tomato sauce.
- If you are using fresh herbs, tear them into tiny pieces with your hands and add them to the sauce.
- Bring to a boil, then reduce heat and simmer for 20 minutes.
- Mix cooked pasta and sauce in a large bowl.
- Serve with sauteed seasonal veggies.

Your Sandwich Can Save the World! Food Literacy Curriculum
© 2020 Food Literacy Center. All rights reserved.
Do not copy or share without written permission.



Find more recipes at: www.foodliteracycenter.org