



No-Cook Marinara Sauce

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- ☐ Can opener
- ☐ Small mixing bowl
- ☐ Measuring spoons
- ☐ Wooden spoon

Ingredients

No-Cook Marinara Sauce

- ☐ 1 4-oz can tomato paste
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp garlic powder
- ☐ 1 pinch granulated sugar
- ☐ 1/4 tsp dried oregano
- ☐ 1/4 tsp dried rosemary
- ☐ 1 T water
- ☐ 1 tsp olive oil

Food Allergen Substitutions

No-Cook Marinara Sauce

Instructions

No-Cook Marinara Sauce

measure + mix

This recipe is super simple. All you have to do is dump all the ingredients into a bowl, mix them, and adjust the flavor and texture to your liking. Let's dive in! Measure **1 can tomato paste, 1/2 teaspoon salt, 1 pinch of sugar, 1/4 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon dried rosemary, 1 tablespoon water, and 1 teaspoon olive oil**. Stir to combine. Take a small taste and adjust the flavor and texture to your liking by adding more oil, water, or seasonings.

dip + dunk + spread

Dip and dunk breadsticks in this super simple and delicious sauce, or spread it on top of pizza dough before baking! Buon appetito!

Featured Ingredient: Tomato Paste!

Hi! I'm Tomato Paste!

"I'm a thick paste made from tomatoes. I add yummy tomato flavor to pizza sauce, spaghetti sauce, and soup!"

Tomato paste is a concentration of cooked tomatoes. Tomatoes were brought to Europe by Spanish explorers and traders in the 16th century.

In southern Italy, possibly in the 18th or 19th centuries, Italian cooks wanted to have tomatoes available all year long, not just during their growing season. So, they simmered the tomatoes for a few hours to cook them down and remove their moisture, creating a thick paste. The skins and seeds were strained out, and the paste was stored to be used at any time of the year. This method concentrated and intensified the tomato flavor.

In the grocery store, tomato paste can be purchased in small cans or tubes. Canned tomato paste has added citric acid to prevent bacteria in the canning process. Tomato paste in tubes has added salt to preserve it.

Tomato paste can be added to pasta, pizza, enchilada, and other tomato sauces. It also adds strong tomato flavor to soups, stews, and braised meats.

Tomato paste is a rich source of lycopene, a red carotenoid pigment and antioxidant found in tomatoes. It helps reduce the risk of some cancers and protects cells from free radicals. It may also help lower bad (LDL) cholesterol and increase good (HDL) cholesterol.