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.

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