



FIXATE MARINARA

SERVES: 14 (approx. ¼ cup each) **Prep Time: 10 min.** **Cooking Time: 16 min.**

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

1 (28 oz.) can whole peeled tomatoes
4 tsp. olive oil
¾ cup chopped onion (approx. 1 medium)
4 cloves garlic, finely chopped
¼ cup dry white wine (like pinot grigio)
½ tsp. sea salt (or Himalayan salt)
8 fresh basil leaves, finely chopped

1. Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
6. Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
7. Add basil; mix well. Cool to room temperature before serving. Set aside.

RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

NUTRITIONAL INFORMATION (per serving): **Calories: 30** **Total Fat: 1 g** **Saturated Fat: 0 g** **Cholesterol: 0 mg** **Sodium: 173 mg**
Carbohydrates: 4 g **Fiber: 1 g** **Sugars: 2 g** **Added Sugar: 0g** **Protein: 1 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.