

Recipe for

PASTA WITH HOMEMADE TOMATO SAUCE

EQUIPMENT NEEDED Cutting board, knife, large stockpot, medium sauté pan, masher (or fork), small sauté pan, spoon, colander

SERVES 4 ESTIMATED COST \$8.35 COST PER SERVING \$2.09

INGREDIENTS

- 4-6 qts water
- 2 tsp sea salt, divided
- 3 tbsp extra virgin olive oil, divided
- 12 medium roma tomatoes, roughly chopped
- 1 cup onion, diced
- 1 cup green bell pepper, diced
- 1/2 cup carrots, diced
- 3 cloves garlic, minced
- 1 tbsp tomato paste
- 1 tbsp basil, dried
- 1 tbsp oregano, dried
- 1 tbsp garlic powder
- 10 oz whole grain rotini pasta
- 2 tbsp parsley, fresh, minced

METHOD OF PREPARATION

1. In a large pot, bring water and 1 tsp salt to a rolling boil over high heat. While the water comes to a boil, warm 2 tablespoon oil in a large sauté pan over medium heat. Add tomatoes and 1/2 tsp salt and cook until tomatoes are cooked down, about 20 minutes. Occasionally, mash the tomatoes to help them cook down.
2. In a medium sauté pan, heat 1 tablespoon oil over medium heat. Add onions, peppers, carrots, and a 1/2 teaspoon salt. Sauté 5-7 minutes or until tender. Add garlic and sauté for 30 seconds. Remove from heat and set aside.
3. Continue to mash tomatoes. Once tomatoes are cooked down, add tomato paste, basil, oregano, and garlic powder. Mix well. Taste and adjust seasonings accordingly. Reduce heat to low and simmer.
4. Add pasta to boiling water and stir gently. Bring water back to a boil and cook pasta for 9 minutes, stirring occasionally.
5. Remove pasta from heat and drain. Return pasta to pot. Add in tomato sauce, sautéed veggies, and stir well.
6. Serve in bowl and garnish with fresh parsley. Enjoy!

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NUTRITION INFORMATION

Pasta with Homemade Tomato Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	420.2 kcal	21 %
Total Fat	12.5 g	19 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1197.7 mg	50 %
Total Carbohydrate	69.2 g	23 %
Dietary Fiber	11.5 g	46 %
Sugars	10.7 g	
Protein	11.7 g	23 %
Vitamin A	84 % • Vitamin C	51 %
Calcium	6 % • Iron	19 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Whole Grain Pasta - contains dietary fiber which can help reduce the risk of heart disease. Consuming whole grains helps lower cholesterol, reduce blood pressure, and lowers the risk of type 2 diabetes.

HEALTH BENEFITS

Tomatoes - major source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. This antioxidant is found mostly in the skin of the tomato and the redder the tomato the more lycopene there is.



References:

1. Recipe provided by Reanetta Perkins

**Maryland University
of Integrative Health**

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 | outreach@muih.edu
www.muih.edu