



## 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 **\*\***(for NIGHTSHADE/TOMATO ALLERGY sub 1/2 C pumpkin purée + 1 big pinch of other seasonings)\*\*
- 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

**Nightshade/Tomato:** For 1 4-oz can tomato paste, substitute 1/2 C pumpkin purée and add 1 big pinch of all the seasonings in the recipe.

## 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

Dip and dunk your brushed breadsticks in this super simple and delicious sauce. Buon appetito!