

Slow Cooker Spinach Marinara Sauce

Adapted from Allrecipes.com

Prep: 15 minutes Cook: 5 hours

Serves: 6

Ingredients:

- 1/4 cup olive oil
- 1 onion, chopped
- 5 cloves garlic, minced
- 1/3 cup grated carrot
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 can tomato paste
- 1 teaspoon salt
- 2 Tablespoons dried oregano
- 2 Tablespoons dried basil
- 1 Tablespoon crushed red pepper
- 2 bay leaves
- 1 (28 ounce) can peeled and crushed tomatoes, with liquid

Directions:

1. In a 5 quart slow cooker, combine all ingredients
2. Cover and cook on high for 4 hours. Stir, reduce heat to low and cook for 1 to 2 hours more.

Tips & Facts:

- ✓ Mix the ingredients the night before and set the slow cooker on "low" in the morning.
- ✓ For added flavor, heat olive oil and cook onion and garlic until onion is translucent. Then add other ingredients.
- ✓ You can use chicken stock to thin the sauce, if desired

Dried herbs are expensive – use fresh when possible. Add toward the end of cooking time.

Nutrition Facts (per serving):

Calories: 171cal
Total Fat: 9.78g
Protein: 4.9g
Fiber: 6.8g
Cholesterol: 0mg
Sodium: 377 mg



Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Olive oil	\$5.29/17 oz.	.46
Onion	.99	.99
garlic	.50/head	.06
carrot	\$1.29	.16
Spinach, frozen	\$1.29	\$1.29
Tomato paste	.99	.99
Oregano	\$2.99	.60.
Basil	2.79	30
Crushed red pepper	\$2.99	.30
Crushed tomatoes	\$1.69	\$1.69
TOTAL	\$20.51	\$6.84
		Cost per Serving: \$1.14