ITALIAN · SAUCE

Rustic Marinara Tomato Sauce

75 min · Makes 7 × ½ cup (125 g) · 129 kcal a portion · Video 3:22 · Recipe30

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Just tomatoes, onion, garlic, herbs and olive oil, with no added sugar: a ½-cup portion has about 130 kcal, 7.5 g of net carbs and 2.5 g of fibre, and most of its energy comes from olive oil.

Diet notes: Keto (7.5 g net carbs a serve); Low saturated fat (1.3 g, 9% of the energy).

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Ingredients

9 · MAKES 7 × ½ CUP (125 G)

- [ ] 60 ml **virgin olive oil**
- [ ] ½ **brown onion**, finely chopped
- [ ] 3–4 **garlic** cloves, grated
- [ ] 1 tbsp chopped **fresh oregano** (or 1 tsp of the dry herb)
- [ ] 2 × 400 g cans whole **tomatoes**
- [ ] 1 tsp **table salt**
- [ ] **cracked black pepper**, to taste
- [ ] **olive oil** to finish, a swirl (about 1 tbsp)
- [ ] a handful of **fresh basil leaves**, torn

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Warm the 60 ml olive oil in a saucepan over medium-low heat and cook the finely chopped onion slowly until soft. 0:40
2. Grate in the garlic and cook for a few minutes without letting it brown, then add the chopped oregano. 1:06
3. Add the tomatoes a little at a time, crushing each lot with a ladle against the pan. 1:36
4. Cover and cook on the lowest heat for 1–2 hours, stirring and checking every 30 minutes so it doesn't stick; add a splash of water if it gets too thick. (Even 10 minutes gives a good sauce.) 2:08
5. Season with salt and pepper. Turn off the heat and stir in a swirl of olive oil and the torn basil leaves. 1:56

> **Tip** Makes about 830 ml (our estimate: 7 portions of 120 ml). Freeze in portions for quick pasta, fish or chicken dishes. Use the best canned whole tomatoes you can find rather than crushed.

The method is a summary in our words — the video shows every step.

One portion, ½ cup (125 g), gives you

1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
129 kcal	2.1 g	10 g	2.5 g	10 g	480 mg
540 kJ	4% of a day	7.5 g net · 5 g sugars	9% of a day	1.3 g saturated	21% of a day
		4% of a day		13% of a day	

Energy from net carbs 23% · protein 7% · fat 70% — fits keto: 7.5 g net carbs, 70% of the energy from fat

Source of (10–19%) Vitamin E 18% · Vitamin C 13% · Vitamin K 11%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=-Gonz0Zr6U8, published 7 June 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/rustic-marinara-tomato-sauce