

Chef Jeremy's Marinara

YIELD: 16 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

INGREDIENTS

4 slices bacon, thick cut lardons

¼ cup water

2 cups onion, finely chopped in a food processor

2 cups carrot, finely chopped in a food processor

4 cloves garlic, finely chopped in a food processor

¼ cup tomato paste

1 Tbsp Italian seasoning

1½ lbs ground beef

1 tsp salt, kosher

1 tsp sugar

6 cups tomatoes, diced with the juice

3 cups tomato purée

DIRECTIONS

1. Place bacon and water in a saucepan or small Dutch oven. Cook until rendered (8–10 minutes).
2. Add onion (2 cups), carrot (2 cups), and garlic (4 cloves) to the pan, and continue cooking while stirring frequently for another 10 minutes.
3. Add tomato paste (¼ cup) and Italian seasoning (1 Tbsp), and cook for five more minutes.
4. Add ground beef (1½ lbs), salt (1 tsp), and sugar (1 tsp). Cook for about 10 minutes while breaking up the beef and stirring to combine.
5. Add tomatoes (6 cups) and tomato purée (3 cups).
6. Bring up to a simmer and cook for at least 30 minutes to blend flavors. The longer you let it simmer, the better the flavors will develop (up to three hours).



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NUTRITION FACTS

Serving size 1 (4.1oz)

Amount Per Serving	117g
Calories	99
% Daily Value	
Total Fat 4.7g	7%
Saturated Fat 1.7	9%
Cholesterol 23mg	8%
Sodium 156mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 8g	16%
Vitamin A	41%
Vitamin C	17%
Calcium	2%
Iron	8%