



## Pasta Marinara Recipe

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<b>Preparation Time</b>	<b>05</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, sliced thinly
- 1/2 cup celery, cubed
- 1/2 cup carrot, cubed
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (560g)
- 1/4 tsp salt
- 1/8 tsp sugar, white
- 1/2 cup basil, fresh, sliced thinly
- 1 cup cheese, grated
- 1 pack DEL MONTE Spaghetti (400g), cooked

### Preparation:

1. In a pan, sauté onion until translucent.
2. Add the celery and carrots and sauté until soft.
3. Add DEL MONTE Italian Style Spaghetti Sauce and allow to boil then simmer for 5 minutes.
4. Season with salt and sugar.
5. Toss spaghetti noodles with sauce. Add basil. Serve and plate with cheese on top.

### Chef's Tip

Be sure to sweat the onions, celery and carrots well. Sweating means to cook slowly until the vegetables are soft and wilted without adding color.

### Lusog Notes

This recipe contains calcium that builds bones and teeth and helps keep them strong and vitamin A that helps maintain healthy skin.

### Cooking Skills Needed

- Slicing

### Cooking Tools

- Pot
- Chopping Board
- Wooden Spatula