

What's Cooking?



Easy Pasta Marinara Sauce

*Makes 8 cups

Ingredients:

- 2-3 tablespoons oil
- 1 cup onion, diced
- 2-3 garlic cloves, minced
- 1-2 cans (28 ounces) crushed or whole tomatoes

Instructions:

1. In a pot, heat oil over medium heat. Add onion and garlic and cook for about 3 minutes, or until soft.
2. Add tomatoes (with the juice) and gently break the tomatoes apart with a fork or spoon.
3. Turn heat to low and simmer for about 20 minutes, or until the sauce reaches desired consistency. Add small amounts of water or broth if your sauce is too thick.

Optional:

- Add herbs such as oregano, basil, parsley, or rosemary. Add 1-2 bay leaves to the sauce while cooking and remove from sauce when done.
- Add a couple teaspoons of sugar for a sweeter sauce.
- Add ground beef, chicken, or pork for an easy meat sauce.
- Add plain yogurt or cream cheese to the sauce for a creamier consistency.

Storing:

- The sauce will last 5-7 days in the fridge, or store in the freezer and defrost as needed.

Featured Recipe of the Week: Pasta



Food for Thought: Wellness Tip of the Week

Hokie Hiccups

FROM LITTLE HICCUPS TO EPIC FAILURES, WE ALL STUMBLE ON OUR PATH TO GROWTH. LET'S NORMALIZE IT! JOIN US FOR A NIGHT OF HOKIES SHARING THEIR STORIES OF STRUGGLE & RESILIENCE THROUGH VIDEOS, MUSIC, COMEDY, & OTHER CREATIVE EXPRESSIONS.

4.24.21 @ 7:00 PM
ONLINE

CHECK OUT [TUMBLR.COM/HICCUPS2021](https://tumblr.com/hiccups2021)
FOR MORE INFO OR TO SUBMIT A HICCUP



"There are no mistakes, just happy accidents."