

Nifty Tomato Sauce

Ingredients:

1 tbsp (tablespoon) Oil
1 Onion
1 Garlic Clove
400g Tinned Tomatoes
1 tbsp Tomato Puree
1 tbsp Vinegar
1 tsp (teaspoon) sugar
1 tsp Mixed Herbs
Salt and Pepper



Method:

1. Chop the onion using the claw grip.
2. Squash and chop the garlic using a spoon and knife.
3. Heat the oil in a saucepan and fry the onion until it is soft. This should take about 5 minutes. Stir occasionally to ensure the onion doesn't burn.
4. Add the garlic and fry for 3 minutes. Stir occasionally.
5. Add the rest of the ingredients, stir and bring to the boil.
6. Turn down the heat and simmer for 5-10 minutes, stirring now and again.
7. The sauce is ready to use, or you can blitz it with a hand blender to make a smooth sauce. If you do blitz the sauce wait a few minutes for it to cool down first.
8. Taste and add more salt and pepper if needed.

This is a pretty nifty sauce as you can use it in all sorts of ways:

Stir in cooked pasta

Serve with a jacket potato and grated cheese

Serve with meatballs or falafels

Stir in a can of chilli beans and serve with rice

Use as the tomato sauce for a pizza before adding your toppings

You may want to experiment a bit and change the recipe. Here are some ideas:

Use basil, marjoram or mint herbs instead of mixed herbs.

Add a splash of Worcester or Tabasco(hot!) Sauce.

Chop up a carrot or celery and fry with the onions (increase the frying time to make sure the carrot/celery is soft).

Add any of the following once the sauce has cooked: olives, feta cheese, ham, tuna, chickpeas, butter beans, haricot beans.