

Tomato Pizza Sauce

Enough to top 2 - 3 pizzas

Can be frozen



Half of a medium onion

2 cloves garlic

1/2 a courgette (optional)

1 red or yellow pepper (optional)

1 tin chopped tomatoes

2 teaspoons fresh oregano or a handful of fresh basil (to taste)

1. Finely chop the onion.
2. Heat a little vegetable oil in your largest saucepan and add the onion. Cook on a medium heat until soft. While the onions soften, chop the other vegetables and crush the garlic.
3. Add these to the saucepan and continue cooking with a lid on without colouring until soft (about 5 minutes).
4. Add the tinned tomatoes and oregano if using.
5. Bring to the boil and simmer for 10 minutes, stirring often so the bottom doesn't burn.
6. If you have a stick blender or liquidiser, blend until smooth. Pour back into the saucepan and simmer until thick.
7. Once you've reached the correct consistency, add the chopped basil if using. Season with salt and pepper.

Note: use a large saucepan so the water will evaporate quickly, leaving a thick sauce for topping your pizza. This can be frozen. Place in a fridge for a few hours to defrost.

The sauce can be made without the pepper and courgette. I add these to sneak in extra vegetables.