

Tomato Sauce

Serves 4 people.

This simple tomato sauce is a useful recipe to know as it can be used for lots of different meals.



Ingredients

Half a medium onion
2 cloves garlic
1 courgette (optional)
1 red or yellow pepper (optional)
½ teaspoon dried oregano
1 glass red wine (optional)
1 tin chopped tomatoes
1 – 2 teaspoons vegetable stock powder
¼ teaspoon white or black pepper – to taste

Method

1. Finely chop the onion.
2. Heat a little vegetable oil in your largest saucepan on a medium heat. Add the onion. Stir until heated, place a lid on and reduce the heat to low.
3. While the onions soften, chop the other vegetables and crush the garlic. Add these to the saucepan and continue cooking with a lid on without colouring until soft (about 5 minutes).
4. Raise the heat and add the red wine. Let this boil until most of the liquid evaporates.
5. Add the tinned tomatoes, oregano, stock powder and pepper.
6. Bring to the boil then simmer for 10 minutes, stirring often so the bottom doesn't burn.
7. If you have a stick blender or a liquidiser, you may like to blend the sauce until smooth. Children may prefer this and it's a good way to hide vegetables!
8. Season with salt and pepper.

This sauce can be stretched out a little by adding 1 tablespoon tomato puree, ½ teaspoon vegetable stock powder and 200ml water. Bring to the boil. Check seasoning. If the sauce is too thin, add a bit more tomato puree.

Meal suggestions:

- It can be used as a sauce alongside a meal.
- Mixed with cooked pasta. (75g dried pasta per adult)
- Mixed with cooked rice. (75g dried rice per adult)
- With other ingredients added, this is a good base for Bolognese, chilli, curry, in tortillas...
- Continue to boil the sauce and it will thicken to use as pizza sauce.