



Homemade Tomato Sauce – Makes 4 portions

Ingredients:

- 1 Large red onion.
- 3 Cloves garlic.
- 2 400g tinned tomatoes
- 1 dessert spoon cooking oil.
- 1 Tsp Mixed herbs.
- ½ tsp salt.
- 1 tsp ground black pepper.

For this recipe you will need:

- Chopping board.
- Knife.
- Grater.
- Frying pan.
- Spatula or wooden spoon.
- Tin opener.
- Potato masher or a fork
- Hob.



A 269g serving contains

Energy	Fat	Saturates	Sugars	Salt
447kJ 107kcal 5%	3.8g 5%	0.5g 3%	11g 13%	0.39g 6%

of an adult's reference intake

Typical values per 100g: 166kJ/40kcal

Method:

- First wash your hands.
- Peel the onions and the garlic.
- Dice the onions; grate the garlic as small as you can.
- Place the frying pan on the hob, add the cooking oil and heat on a medium heat.
- Add the garlic & onions, stir well, cook for about 2-3 minutes.
- Add the herbs, salt & pepper; stir well, cook for about 2-3 minutes.
- Add the tinned tomatoes.
- Mash the tomatoes so they are smooth – using a potato masher or a fork.
- Use tap water to swill out the remaining tomato juice from the tin and add to the sauce.
- Cook for about ten minutes, stirring regularly, until the ingredients are soft.

ENJOY! 😊