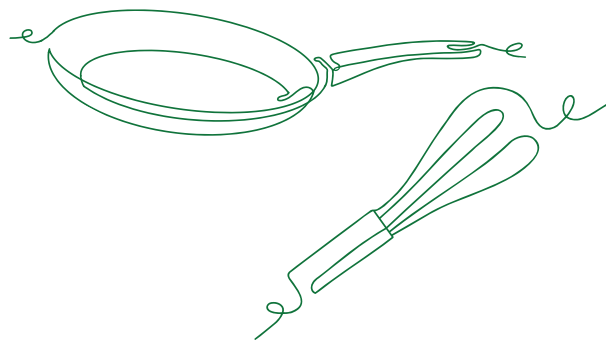


Classic Tomato Sauce



Classic Tomato Sauce

This tomato sauce recipe is so versatile; make any pasta dish tastier with this simple, easy to follow method.

Serves 4

Prep time 15 minutes,
cooking time 20 minutes

Ingredients

3 tbsp oil (olive oil ideally)
2 cloves of garlic
1 large white onion
2 tsp dried oregano or basil
2 cans of chopped tomatoes
1 tbsp tomato purée
1 can of water (use can from tomatoes)
salt and pepper

Method

Pour the oil into a cold saucepan and add the chopped garlic and onion.
Turn on low heat and gently cook until the garlic starts to sizzle.
Add the dried herbs, then after 30 seconds add the chopped tomatoes, purée, water, salt and pepper.
Bring to simmer and cook for 10 minutes.

Optional – use a stick blender to make a smooth tomato sauce.

Serving suggestions

Tomato pasta (try adding in chicken or prawns!)
Pizza topping
Lasagne/Ragù sauce
Arrancini sauce

Variations / inspirations

Roast vegetable tomato sauce
Puttanesca sauce (olives, capers, chilli)



Recipe by James Golding, Head of Food Education, Table Talk Foundation.
Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.

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