

Home Made Tomato Sauce

Makes 2 litres

Ingredients	
330g onions	100g tomato puree
40g celery	Kallow low salt vegetable stock cube
150g carrot	10g fresh/dried basil
24g garlic	10g fresh/dried oregano
2.5kg canned tomatoes	

- METHOD:
- Roughly chop the peeled and washed onion, celery, leek, carrot and crushed garlic.
- Put in medium saucepan with the oil, crumbled stock cube and herbs.
- Sweat on a medium heat uncovered for approximately 15 minutes.
- Add tomato puree and cook for 1 minute more.
- Add the tinned tomatoes, bring to the boil and simmer for 30-40 minutes on a very low heat.
- Blitz. Sauce is ready.



- ✓ **COOK'S TIP** – This sauce can be frozen. It can be used as a pasta or pizza sauce or to accompany fish fingers and fish cakes.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
102	5	0.8	19	0.6	0.3	1.8	79