# **Basic tomato sauce**

A picture containing food, bowl, sauce, soup

Description automatically generated**Ingredients**

1 onion

1 clove of garlic

Handful of fresh basil or 1 x 15ml spoon (1 tablespoon) dried herbs

Spray oil

2 large cans (800g) chopped tomatoes

Black pepper

75g dried pasta per person

**Serves 4**

**Equipment**

Knife, chopping board, garlic press, two saucepans, wooden spoon, colander.

Method

1. Prepare the ingredients:

* peel and finely dice the onion;
* peel and crush the garlic;
* chop the basil.

1. Heat the oil and fry the onion and garlic for 5 minutes, until soft.
2. Add the tomatoes, basil and pepper.
3. Allow to simmer gently for 30 minutes (longer if possible).
4. Cook the pasta following the instructions on the packet.
5. Drain the pasta and serve with the tomato sauce.

Eat well for you and the planet! Top tips

* Focus on fibre – use wholewheat pasta to give this dish a fibre boost.
* Get at least 5 A DAY – add extra vegetables such as grated carrots or courgettes, or sliced mushrooms.
* Vary your protein – add a mixture of lean beef mince and a plant source of protein like beans, soya mince or a mycoprotein-based meat alternative (e.g. vegetarian mince) to create a bolognese. Add the mince after stage two and cook until browned. If using beans, add with the tomatoes. Check cooking instructions for when to add meat alternatives.
* Reduce food waste – use up leftovers from your fridge that will otherwise go to waste, such as cooked chicken, cheese or vegetables, and freeze any leftover sauce.