

Tomato Sauce – for pasta and pizza

1 onion – chopped

1 garlic clove – crushed

1 kg Tomatoes

Vegetable Stock powder

Olive oil

Method

- 1. Put a splash of olive oil into a saucepan and add the chopped onion and garlic.**
- 2. Cook until the onion is soft but not browned.**
- 3. Add the chopped tomatoes and allow to simmer until the tomatoes are cooked through.**
- 4. Allow to cool slightly and then liquidise.**
- 5. Add vegetable stock powder to taste.**

This can be used immediately or put into portion sized bags for freezing.

Depending on the type of tomatoes used, tomato paste can be added to thicken the sauce, especially if you plan to use it on pizza bases.