

# Recipes and Tips



## BASIC TOMATO SAUCE

### INGREDIENTS

3 tbsp. oil. You can use olive, sunflower or vegetable  
1 medium onion  
2 cloves garlic  
2 large tin tomatoes  
3 tbsp. tomato puree  
1 tsp. dried oregano or mixed herbs  
1 tsp. sugar  
Salt and pepper

### EQUIPMENT

Chopping board  
Sharp knife  
Wooden spoon/spatula  
Grater  
Saucepan

### METHOD

Gather all ingredients together, peel and finely chop the onion and grate the garlic clove. Heat oil in the pan and soften the onion, then add grated garlic being careful not to let it burn.

Add the can of tomatoes and the dried herbs and stir then add the tomato purée, sugar and pepper and salt.

Simmer on medium heat until the sauce thickens slightly.

If you are making the meatball recipe then add the meatball now and simmer for 10/15 mins.

# Recipes and Tips



## **CURRY SAUCE**

When the onions are sweated down and are soft you can add 2 tbsp. of curry paste or powder and cook out for 5 mins.

Follow the rest of the original recipe from this point. This will make a good pour over curry sauce.

## **BOLOGNESE SAUCE**

After the onions and garlic have sweated down add minced beef, cook in with onions browning it all over and separating it as it browns then carry on with the next stages of the original tomato sauce.

Once the tomatoes have been added, turn down heat and simmer for 20/25 mins until the meat is cooked and the sauce has thickened.

Serve with pasta.

## **BEAN CHILLI**

Once the onions and garlic have softened add chilli powder to taste, 2 tps will give a mild chilli but go as much as you like!

Cook this out for about 5 mins on a low heat this stops it tasting harsh, then add the tinned beans and follow the basic tomato sauce recipe.

You can add chopped peppers along with the onions and garlic if you like as this will bulk out your chilli and give you some of your 5 a day.