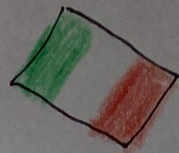


Tomato sauce for pasta



You will need: 3 tablespoons of oil.

- 1 large onion, sliced small.
- 2 cloves garlic, crushed.
- 2 cans chopped tomatoes.
- 1-2 teaspoons mixed herbs fresh or dried.
- pinch of chilli powder (optional).
- salt and pepper.



- To make**
- heat oil in large pan over medium heat.
 - Add onion and cook till soft (10 mins)
 - Add garlic and cook for one minute.
 - Add tomatoes and herbs, salt and pepper.
 - bring the sauce to a simmer.
 - lower the heat and cook for 20 minutes
 - once it has started to thicken, it is done.



Eat this with pasta with grated cheese on top.

You can also use celery, peppers, carrots, courgettes and aubergine.

Add these once the onion has cooked for 5 minutes.

Save some sauce and use it in your calzone pizza dish.

Fresh herbs like basil or parsley make the flavour very Italian tasting!

