



Basic tomato sauce - Serves 4

Ingredients:

- 1 medium onion, finely chopped
- 1 tbsp oil
- 1-2 cloves of garlic, crushed and finely chopped (optional)
- 400g tin chopped tomatoes
- 1 tsp tomato puree
- Dried basil, oregano, or mixed herbs

Method:

1. Fry the chopped onion in a little oil until soft.
2. Add the other ingredients and simmer for 10 minutes, until the sauce has thickened
3. Puree with a blender to make a smoother sauce (optional)

You could:

- Use this sauce to make spaghetti bolognaise (see recipe)
- Use this sauce to make chilli con carne (see recipe)
- Use this sauce to make tomato pasta: add chopped bacon or ham to the sauce, mix with the sauce and add to the pasta. Sprinkle with cheese
- Add basil and oregano to make this a traditional Neapolitan pizza topping

Did you know ?

Onions may help to lower blood cholesterol levels and reduce the risk of coronary heart disease. It is believed that the sulphur in onions may help to prevent the growth of cancer cells.

Daily doses of garlic may help to lower blood pressure and improve you immune systems.

Tomatoes contain lycopenes which are important in the prevention of cancer.

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