

Searcher's easy-peasy tomato sauce



You will need (serves 3-4 people):

INGREDIENTS:

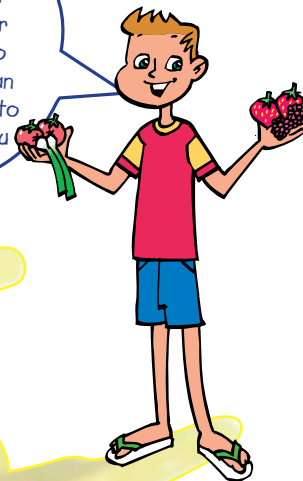
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 2 large fresh tomatoes, chopped
- 400g can of chopped tomatoes
- 1 tablespoon tomato purée
- 1 tablespoon dried mixed herbs
- a few leaves of fresh basil to serve (optional)
- 200g cooked wholemeal pasta to serve (optional)

EQUIPMENT:

- saucepans • wooden spoon
- chopping knife • tablespoon
- colander • chopping board



Try making this tasty tomato sauce. Tomatoes contain vitamin A which is good for eyesight. It's really easy to make, though you will need an adult to help you. Remember to wash your hands before you begin!



1



First, ask an adult to help you heat the oil in a pan. Add the chopped onion and garlic and stir until the onions are starting to go brown.

2



Next, stir in the fresh chopped tomatoes and the canned tomatoes. Keep the pan on a low heat.

3



Then mix in the tomato purée and dried mixed herbs. Let the mixture simmer for about 10 minutes.

4



After 10 minutes the sauce will be ready. You can enjoy it straight away on top of some wholemeal pasta with a bit of fresh basil on top...



You can add other vegetables too if you like... peppers, mushrooms and courgettes work well.

or... you can let your sauce cool and keep it in a jar or plastic tub in the fridge for later. Make sure you use it within two days.