

Ingredients needed for: _____ Name:

HOMEMADE TOMATO SAUCE

Ingredients

1 tablespoon olive oil or vegetable oil
1 clove garlic
1 small onion
1 can chopped tomatoes
1 tablespoon tomato puree
1 teaspoon dried herbs e.g. basil or oregano, or a handful of fresh basil
salt and pepper

Equipment

Chopping board
Non slip mat
Saucepan
Wooden spatula
Knife
Tablespoon

Method

1. Peel and finely chop the onion and garlic.
2. Place oil in a small pan and gently fry the onion and garlic until soft (about 5 mins).
3. Add the tomato puree and fry for 30 seconds until fragrant.
4. Stir in the tomatoes, herbs, salt and pepper. Add a little water if it looks too thick.
5. Cover with a lid and simmer gently for 20 mins.