

Basic Pasta Sauce

(serves around 6 people)

Ingredients

* 1 onion, peeled and diced
* 2 cloves garlic, crushed or finely chopped
* 3 x 400g tin tomatoes

Method

For the basic sauce:

1. Add a little oil to a large pan, and fry the onion for around 10 minutes until softened.
2. Add the garlic and continue to cook for a further 2-3 minutes.
3. Stir in the tomatoes, breaking them up a little with the spoon.
4. Heat and simmer for around 30 minutes.

This is the basic recipe but you can add any other vegetables that you like – add after the onion stage and fry for 5-10 mins to soften before adding the garlic. You could add anything such as peppers, courgette, butternut squash, fennel … The list is endless. It’ll make your pasta sauce go further so you have some spare that you can freeze for another day!