



## Tomato Pasta Sauce

Serve with cooked pasta and grated cheese

Serves:4

### Ingredients

- 1-2 tablespoons of oil eg. Sunflower or Olive Oil
- 1 medium onion
- 1 tin chopped tomatoes
- 1 teaspoon dried mixed herbs
- Choose 2 different vegetables: 1 carrot/1 courgette/1 pepper/2 celery sticks
- 1 garlic clove
- 2 tablespoons tomato puree
- Ground black pepper to taste

### Equipment



### Method

1 Prepare the vegetables

- Finely chop the onion
- Carrot – peel and grate
- Pepper – wash, remove core and pips then chop
- Celery – wash, top and tail then slice thinly
- Peel and crush the garlic
- Courgette – wash, top and tail, then grate or cut into chunks

2 Heat the oil over a medium heat in a pan, Add the onion and cook gently until soft

3 Add the garlic and cook for 1 minute

4 Add the tinned tomatoes, tomato puree and the remaining vegetables, bring to a simmer. Add ground pepper and herbs, cook for 10-15 minutes with the lid on, breaking down any lumps with the back of a spoon as it cooks

5 Taste and add more pepper if needed

6 If you want a completely smooth sauce then puree with a hand blender. Add a little water if the sauce is too thick.

### Top Tips

- **Babies 6 months+** - mix blended sauce and cheese with small or chopped pasta/rice/cous cous
- Try making a double batch and freeze half for another time
- Quick Bolognese; dry fry 500g beef mince in a non-stick pan, pour over a portion of pasta sauce, cover and simmer for 30 minutes, adding a little water if needed.
- Storage – keep the pasta sauce in the fridge for 3 days or in the freezer for 2 months.
- Reheating – Bring to a simmer in a saucepan or microwave for 2-3 minutes until piping hot.
- Defrost overnight in the fridge.