



# Tomato Sauce

## About this recipe

This is a basic tomato sauce recipe that you can eat with pasta. You can also make a double quantity and freeze half to use in soups, lasagne, stews, shakshuka and veggie shepherd's pie.

## Ingredients

One onion (chopped)  
2 cans of tomatoes  
A handful of thyme or oregano  
3 cloves garlic (chopped)  
Oil  
Salt and pepper.

## Method

1. Heat a glug of oil in a pan. On a low heat cook the onion for 10 mins with a large pinch of salt.
2. Add the tomatoes to the pan and another can of water along with your herb, pepper and 1 tsp salt. Bring to a boil, lower the heat and simmer for about 40 mins or until thick.
3. Add your garlic 10 mins before the end of cooking. You can also add a pinch of chilli flakes at this point.
4. Serve with pasta and cheese if you want. Add a chopped herb like basil or parsley. If you want more greens then add florets of broccoli or chopped greens to your cooking pasta 2 mins before the end.

**With love from He Puawai and Te Awa Kairangi Kai Collective team.** For further information please contact [Debbie stokesvalleykai@hepuawai.com](mailto:Debbie.stokesvalleykai@hepuawai.com)