



Cook Your Own - Fresh Tomato Sauce

Ingredients

- 1 clove garlic (minced or pressed through a garlic press)
- 1 tablespoon olive oil
- 10 - 12 large tomatoes (diced or roughly chopped)
- 1 onion (peeled and finely chopped)
- 1½ teaspoons oregano (optional)
- 1 teaspoon basil (optional)
- Salt & pepper to taste
- 1 – 2 Id. pasta of your choice
- Grated cheese (optional)

Method

1. Wash/rinse whole tomatoes.
2. Mince garlic or press garlic through a garlic press
3. Heat a little oil in large pan, then add the onion and garlic and let them gently cook for 5-6 minutes, until they are softened and pale gold in colour.
4. Then add chopped tomatoes with about a third of the basil, torn into pieces. Add salt and pepper, stir and let the tomatoes simmer on a very low heat, without a lid, for approximately ½ hours – ¾ hours or until almost all the liquid has evaporated and the tomatoes are reduced to a thick, jam-like consistency, stirring now and then.
5. Cook pasta of your choice.
6. Pour fresh sauce over pasta. Add oregano (optional). Serve and Enjoy!

Always ask for an adult's permission before cooking in the kitchen

