

Tomato sauce recipe

Basic recipe | plant-based

Serves
10

Nutrition: high in vitamin C, vitamins (vary depending on which vegetables are used) and antioxidants

Ingredients

- Fresh tomatoes x 6
- Carrots x 5
- Chopped tomatoes x 400g
- Tomato puree x 1 tbsp
- Red onion x 1
- Garlic x 1 clove
- Dried oregano x 1tsp
- Fresh basil x 1 handful
- Olive oil x splash

Method

Pour a little olive oil into a saucepan, warm through and add finely diced onion, carrots and garlic. Cook on a low heat for around 10 minutes.

Roughly chop the tomatoes. Add the tomato puree and stir in, then add the fresh tomatoes. Cook until soft.

Add the tinned chopped tomatoes and simmer for 10 minutes.

Add the herbs last minute just before taking the pan off heat.

Using a stick blender, blend the tomatoes until you have a smooth tomato sauce

Known allergens*

None

Substitutions

Use a range of vegetables - reduce food waste

Range of uses

Batch cook

Bolognese, ragu, ratatouille, lasagne, soup, chilli, pizza sauce, meatloaf, shakshuka, casserole

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



Department for Education

