

Fresh Tomato Sauce

| Standard Recipe | Modify with: |
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| 3 tbsps oil | 2 tspns is ample |
| 1 large onion, diced | |
| 2 cloves garlic, crushed | |
| 500g ripe tomatoes or 425g can whole tomatoes, un-drained & chopped | |
| 2 tbsps tomato paste | |
| 1/2 cup cream | Omit cream |
| Salt, pepper | Omit salt, try cumin, basil, oregano or fresh parsley |
| Method: | |
| 1. Heat oil in fry-pan. Brown onion and garlic. | 1. Heat pan, brushed with a little oil, and sauté onion and garlic. |
| 2. Add remaining ingredients except cream and cook on medium heat for 5 minutes. | |
| 3. Add cream and simmer until sauce thickens. | 3. Skip this step. Add a little corn flour blended with water to thicken if necessary. |

Variations:

- Chunky sauce - the recipe above is ideal with pasta, rice, vegetables, fish, chicken or meat dishes.
- Smooth sauce - follow the above and puree in a blender or food processor.
- Creamy Soup - use a saucepan for the above, add 375 mL can of low fat or reduced fat evaporated milk and 1 cup chicken stock. Stir over low heat, do not boil.