

Rich Tomato Sauce

Tomato sauce can be used as a base for pizzas or pasta dishes. It freezes well and can be made in bulk. In summer, if there is a glut, fresh peeled tomatoes can be substituted for the tinned ones.

- 2 tbs olive oil
- 1 large onion, finely chopped
- 1 clove garlic, crushed
- 2 x 400g tins of chopped tomatoes
- 4 tbs tomato puree
- 1 tsp sugar
- 2 tsp dried [oregano](#) (or 2 tbs fresh herb)
- [bay](#) leaf

Heat the oil and gently fry the onion and garlic until soft and golden. Add the rest of the ingredients and season to taste. Simmer on a low heat in the covered pan for 30 minutes then remove the lid and simmer a little longer until the sauce has thickened.