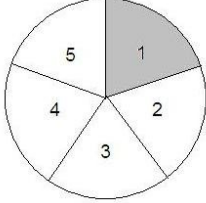


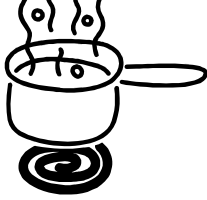
# Tomato Pasta Sauce

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Ingredients	Amount	Preparation
onion	1 small	chopped
garlic	2 cloves	crushed
canned plum or chopped tomatoes	1 can (14oz)/ (400g)	
mixed dried herbs	2 teaspoons	
balsamic vinegar (optional)	1 tablespoon	
vegetable oil	1 dessertspoon	
tomato puree	1 dessertspoon	
sugar	¼ teaspoon	
black pepper	½ teaspoon	
pasta	320g / 11oz (approx 80g / 3oz per person)	

**Please Turn Over**

## Method

- 1 Heat the oil in a saucepan and fry the onion until soft, add the garlic and fry for another minute.
- 2 Add all of the other ingredients except the pasta.
- 3 Stir and leave to simmer slowly for 10-15 minutes.
- 4 Meanwhile cook the pasta of your choice as per the instructions on the packet, drain, add the sauce and serve.

252 Calories	Per serving
<b>Fat</b>	3.6g
<b>Saturates</b>	0.2g
<b>Sugars</b>	5.9g
<b>Salt</b>	0.2g

■ HIGH  
 ■ MEDIUM  
 ■ LOW

## Handy Hints

- Serve with salad for another portion of vegetables.
- Use wholemeal pasta for even more fibre.
- The kids will love it with grated cheese on top!
- The sauce can be blended with a hand blender for a smooth sauce, still keeping all the vitamins and taste.
- This sauce can be used as a base for bolognese, meatballs, lasagne, chicken, or turkey strips.
- Make a big batch and store some in the freezer – this will give you a supply when you don't have much time.