



## Recipe

### Quick Pasta Sauce – Serves 5

Makes enough to feed a family of 5, when stirred through pasta or spooned over chicken or fish.

#### Ingredients

- 1 tbsp oil
- 2 onion, chopped
- 2 garlic clove, crushed
- 2 cans chopped tomatoes
- 1 tsp dried oregano



#### Method

- Heat the olive oil in a large saucepan add the onions and cook on a low heat until soft. Add the garlic and tomato puree. Cook for a few minutes then add the chopped tomatoes and oregano. Season generously and simmer for 20 mins, then allow to cool
- Store in sterilized jars in the fridge for up to a week, or transfer to a container and freeze for up to 2 months.