



Nice and Easy Tomato Sauce!
(Serves 5) Preparation time: 30 mins

2 x 400g tins of chopped tomatoes
6oz chopped onions (1 large or 2 small)
6 cloves of garlic, finely chopped
3 mixed peppers, chopped
2 teaspoon of mixed herbs
½ teaspoon of salt
1 teaspoon of ground black pepper
2 teaspoons of tomato paste (puree)
1 tablespoon olive oil

Gently fry the onions, garlic and peppers until soft.
Add the tomato paste, salt, pepper and herbs; stir in.
Add the tomatoes, mix, and simmer for 15 – 20 mins, stirring occasionally.
If necessary, add extra seasoning to taste.

Nutrition per serving (approx 180g)

Calories 100 kcal

Salt 0.24g

Sugar 2.9g

Fat 3g

***High in vitamin C!**

To Make into a curry... (per 100g portion)

Add chicken (kcal 110, salt 0.06g, sugar 0g, fat 1g) high in protein
Add mixed veg (kcal 44, salt 0, sugar 3.3g, fat 0.7g) high in vitamin A
Add mixed beans/pulses (kcal 103, salt 0, sugar 0.5g, fat 0.7g)
Add lentils (kcal 143, salt 0, sugar 1.1g, fat 1.4g)
Add chilli according to taste, add curry powder according to taste.
Cook down for 20-30 mins to let all the flavours develop.