

# LITTLE KITCHEN SOCIAL

## Simple Tomato Sauce

This is the perfect sauce for a quick toddler pasta dinner, homemade pizzas, meatball sauce, chicken casserole or Bolognese sauce. Or, for a speedy grown up pasta sauce, add some chilli, red wine and a smidge of salt when you heat it up and it'll be delicious!

It is SO versatile and cheap. It will keep in the fridge for a week (in an airtight container) or the freezer for 3 months.

Serves: It's hard to say as it depends what you do with it!

Prep Time: 5 minutes

Cooking Time: 20-25 minutes + cooling

### Ingredients

1 x 400g tin chopped tomatoes  
1 medium onion  
1 Garlic clove  
1 tsp fresh / dried oregano  
A small drizzle of sunflower oil  
(or whatever oil you usually use to cook with)



1. Roughly chop the onion and garlic
2. Drizzle the oil into a saucepan over a medium heat
3. After about a minute add the onion and garlic and sweat them gently for about 5 – 10 minutes. You don't want them to colour, you just want them to cook through, so they should be translucent
4. Pour over the tinned tomatoes and half a tin again of water
5. Sprinkle in the oregano
6. Stir everything around and leave on a low low heat to very gently bubble for 10-15 minutes
7. Remove from the heat and leave to cool for 20 minutes or so
8. Whizz to a smooth sauce

If freezing, do so once the sauce is cold. It is best to portion it up into ice trays or if you have silicone moulds they will work well also. Then you can pick as many or as few blocks of the sauce out of the freezer at a time.