

BASIC TOMATO SAUCE**Food Fact:-**

Tomatoes contain a powerful anti-oxidant called **LYCOPENE**, scientists believe it can help prevent cell damage lowering the risk of heart disease and some cancers.

Preparation time **6 MINS**

Serves 4

Cooking time **10 MINS**

**BASIC TOMATO SAUCE****Ingredients**

- 1. Cook the oil, garlic and onion, covered, on FULL POWER for 2 minutes.**
- 2. Stir in the tomatoes, tomato puree, vegetables, herbs and seasoning.**
- 3. Cover and cook on FULL POWER for 5-8 minutes, stirring occasionally.**

Handy hint: If a smoother sauce is preferred, blend or sieve the cooked sauce.

**tbps vegetable oil
1 garlic clove, crushed
1 medium onion, finely chopped
400g can chopped tomatoes
15ml (1 tbsp) tomato puree
chopped vegetables eg:
peppers, mushrooms,
sweetcorn, broccoli, courgette
or peas
dried mixed herbs, to taste
freshly ground black pepper**

