

Tomato Pasta Sauce

Ingredients

1 medium Onion

1 tin chopped tomatoes

1 clove garlic

Basil (fresh if possible)

1 tablespoon olive oil

½ teaspoon sugar

Salt & Pepper to taste

Method:

1. Peel and finely dice the onion.
2. Put the oil into a saucepan and heat gently.
3. Add the onion and garlic, and sweat gently until translucent.
4. Add the tomatoes and ½ can of water
5. Season with salt & pepper
6. Add the sugar.
7. Cover and simmer gently for approx. 10 minutes.
8. Add a handful of chopped basil.
9. Cook for another 5 minutes.
10. Serve stirred through your choice of pasta.

Note: you can also add your choice of other ingredients e.g.

Chilli, Cooked bacon, mushroom, cooked chicken, tuna, sweetcorn