

Squishy Tomato Sauce

Ingredients

2tbsp Oil
450g Squishy Tomatoes, chopped
1 Small Onion, chopped finely
2 Garlic Cloves
1tbsp Dried Mixed Herbs
Salt and Pepper

Equipment

Frying Pan



Serves: 4 - 6
Prep Time: 10 minutes
Cook Time: 12 minutes

Method



1. Heat the oil in a frying pan and add the onion. Cook for 2 - 3 minutes to soften, then add the garlic, herbs, salt, and pepper.



2. Add the squishy chopped tomatoes and all their juice. Stir well and continue to cook gently for 8 - 10 minutes, until the liquid has reduced slightly, stirring occasionally.



3. Use the Squishy Tomato Sauce over pasta or use it as a base to make other dishes like lasagna, stuffed vegetables, soups, or casseroles.

Top Tips

This is a great sauce to make in the slow cooker. You could double up on the ingredients and put it on to cook for the day. You will come back to a reduced and thickened, intensely flavoured rich tomato sauce which you can pack into smaller containers to freeze for up to three months.

If you want a silky-smooth sauce then use a stick blender or liquidizer when the cooking is complete.



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