

Tomato and Basil sauce

Ingredients

- 1 tbsp olive oil
- 1 garlic clove crushed
- 1 Small tin chopped tomatoes
- 2 carrots peeled and chopped
- 1 vegetable stock cube
- 1 red pepper chopped
- 1 red onion chopped
- 1 white onion chopped
- 1 tsp sugar
- 250ml water
- Spaghetti - 1/3 packet in total



Method

1. Chop vegetables into cubes (peel carrot)
2. Heat oil in pan, add garlic and chopped onions and fry gently for 1 minute.
3. Add all other vegetables along with teaspoon of sugar and cook for approx. 5 minutes.
4. Add water and stock cube, tomato puree, mixed herbs, salt and pepper, lower heat and reduce for approx. 20 minutes.
5. In separate pan add water to pan and bring to the boil. Once boiling add spaghetti and salt.
6. Serve with spaghetti, sauce, a basil garnish and a little parmesan cheese.