

Tomato Sauce Recipe

Ingredients

2 cloves garlic, crushed

2-3 medium onions, chopped

5 medium carrots, washed, peeled and chopped

4 sticks celery, washed and chopped

2 cans chopped tomatoes

1 tube of tomato purée

1 beef or vegetable stock cube dissolved in 500 mls boiling water *

Handful of fresh basil leaves chopped (or 1 teaspoon dried basil or can use oregano if you don't have basil)

1-2 dashes of balsamic vinegar

1-2 dashes Worcestershire sauce -optional

1 teaspoon sugar

Salt

Pepper

*check protein content on label

Method

1. Fry garlic and onion. Add chopped celery and carrots, chopped basil leaves, salt and pepper.
2. Sweat vegetables until soft - add a little water if needed.
3. When softened, blitz to a puree with a hand blender or in a food processor.
4. Pour in 2 cans of tomatoes. Add tube of tomato purée, balsamic vinegar, Worcestershire sauce and sugar. Add in stock.
5. Stir well and simmer for about 45 minutes stirring often.

Note: Season more or less if required with salt and pepper. It can be a bit tart though. If you find it is, just add a pinch more sugar if needed. Use this sauce on its own with low protein pasta, in vegetable lasagne or in pasta bake etc.

For those on higher exchanges of protein, get some good quality pork sausages noting how much protein per sausage.

Calculate how much protein/ sausage is allowed. Remove skins and roll into small balls noting how many you make from each sausage - you should get at least 3-4. Fry in pan and add to the above mixture about 20 minutes before end.

Make sure to carefully count out the allowed number of sausage balls when dishing out sauce.

This recipe was provided by a parent