

Tomato Sauce

I often make twice this amount and freeze it in smaller quantities to put on pizza or use with pasta. All quantities are approximate - experiment with what you've got!

2lb (1kg) Onions
2 Carrots
2 sticks of Celery
1 Courgette
4 cloves of Garlic
2 Tins Tomatoes chopped or whole
Half jar (100g) Tomato Puree
2 Stock Cubes or 2 Teaspoons Boullion
A few drops of Chilli Sauce (Tabasco)
1 Tablespoon Alfalfa Seeds
dash of salt , Teaspoon of sugar , Mixed Herbs, Black Pepper

Finely chop the onions, garlic, carrots, celery and courgette, or whizz in food processor. Fry in Olive Oil until soft. Add the rest of the ingredients, bring to the boil and simmer, covered for at least an hour until nice and saucy.

If you wish you can put it in the food processor again for a very smooth sauce. You can dilute to taste, but it's best to freeze as it is.