



## Tomato Sauce

Ingredient	10 Portions	50 Portions	100 Portions
Chopped Tomatoes	400g	2kg	4kg
Tomato Puree	80g	400g	800g
Onions- Diced	200g	1kg	2kg
Garlic – Chopped	1 clove	0.5 bulb	1 bulb
Celery – Chopped	100g	500g	1kg
Carrot – Diced	100g	500g	1kg
Dried basil	pinch	1 tsp	1 tbsp
Dried oregano	pinch	1 tsp	1 tbsp
Olive oil	For frying	For frying	For frying
Sugar	pinch	2 tsp	2 tbsp
Salt	pinch	1 tsp	1 tbsp
Pepper	pinch	pinch	1 tsp

### Key Points

If you have the space in your freezer making a large batch of this recipe and freezing some would be a good idea as it is used in a lot of FFT dishes

This sauce is a great way to hide vegetables within the food served to the children

### Method

1. In a heavy bottomed pan, add a generous glug of oil for frying and heat
2. Add onions, carrots, celery, garlic and dried herbs and fry stirring constantly
3. Reduce the heat and allow the vegetables to sweat in the pan
4. Add the chopped tomatoes and the tomato puree
5. Bring to the boil and reduce to a simmer for at least 20 minutes or until the vegetables are tender
6. Using a hand blender PUREE the sauce until smooth
7. Adjust the seasoning with salt and pepper, adding more herbs if required
8. Add the sugar at the end to counteract the acidity of the tomato, adding more if required

**Allergens** Celery