



Tomato Sauce

INGREDIENTS

- 1 large onion
- 1 red pepper
- 1-2 cloves garlic (optional)
- 2 x 400g tins chopped tomatoes
- 2 tbsp tomato puree

FROM YOUR STOCK CUPBOARD

- 1 tbsp vegetable oil
- Mixed herbs
- 1 tsp sugar (optional)
- Black pepper



METHOD

- 1 Peel and chop the onion, garlic and pepper.
- 2 Fry gently in a saucepan with the oil until soft (around 5 mins).
- 3 Add the tomatoes, tomato puree, herbs, black pepper and sugar if using. Allow to simmer gently for 20 – 30 minutes.
- 4 You can use a stick blender to make it smooth if preferred.

per portion (100g)					
ENERGY	FAT	SATURATES	SUGAR	SALT	
109kJ 37kcal	1.5g LOW	0g LOW	4.1g LOW	0.10g	LOW
2%	2%	0%	5%	2%	2%

of your reference intake
Typical values per 100g: Energy 109kJ/37kcal

TOP TIPS

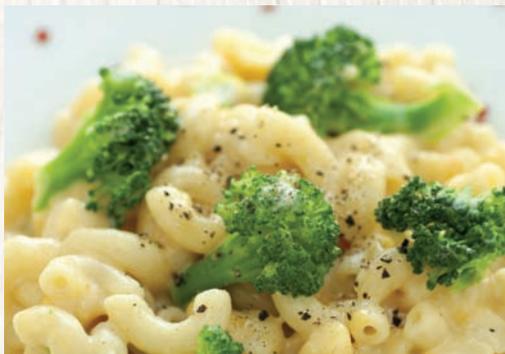
- This can be used on pasta, pizza bases or other foods. Pour over cooked pasta and vegetables for a quick pasta bake.
- Use fresh herbs if you can for extra flavour – basil goes especially well.
- Add a little dried chilli if you like a bit of a kick. Paprika is also good added into this sauce.
- Add additional vegetables for a vegetable sauce, e.g. mushrooms, courgettes.



Cheese Sauce

INGREDIENTS

- 75g cheddar cheese
- 25g margarine or butter
- 25g plain flour
- 250mls semi-skimmed milk
- Black pepper



METHOD

- 1 Grate the cheese.
- 2 Place margarine, flour and milk into a small saucepan. Bring to the boil slowly, stirring all the time until it has thickened.
- 3 Reduce the heat and simmer for 2 mins.
- 4 Stir in the grated cheese.

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
766kJ 184kcal	14g MED	6.1g HIGH	3.2g LOW	0.55g MED
9%	19%	31%	4%	9%

of your reference intake
Typical values per 100g: Energy 766kJ/184kcal

TOP TIPS

- Pour over cooked pasta and broccoli in an oven proof dish for a quick pasta bake. You can grill the top to make it go brown.
- To reduce the fat content (and therefore calorie content) if you are trying to lose weight try using cornflour to thicken milk. Just mix 2 tsp with a small amount of milk, add to the rest of the milk and then heat slowly, stirring. Stir in the cheese – using low fat cheddar will also reduce the fat and calorie content.