

Tomato Sauce

Ingredients

4 tablespoons olive oil
2 onions, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
2 garlic cloves, crushed
2 bay leaves
1 teaspoon sugar
4 x 400g/14oz cans chopped tomatoes

Method

Heat the oil in a pan and add the vegetables and bay leaf. Stir in the sugar with some salt. Gently cook for 10-15 minutes until the veg is tender. Stir in the tomatoes and 150ml water. Simmer very gently for 30 minutes until the sauce has reduced by two-thirds and is very thick. (If you have double or tripled the quantities, this may take up to 1 hour.)

Stir occasionally, particularly towards the end of the cooking time, so that the sauce doesn't catch on the bottom. If you like your sauce a little thinner, add a splash of water. Serve half with pasta and chill or freeze the other half in 1-2 batches for later use.