



Tomato Pasta Sauce

MAKES 3 CUPS

INGREDIENTS

2 kg ripe tomatoes
1 tablespoon extra virgin olive oil
2 large onions, finely chopped
2 cloves garlic, crushed
4 tablespoons tomato paste
1 tablespoon fresh oregano, chopped
1½ teaspoons powdered sweetener

METHOD

1. Make a cross on the base of each tomato, place the tomatoes in a bowl of boiling water for 10 seconds, then put in cold water and peel off the skin from the cross. Finely chop the flesh.
2. Heat the oil in a pan on medium heat. Add onion and cook for 3 minutes or until onions are soft, stirring continuously. Add garlic and cook for 1 minute.
3. Add tomato, tomato paste, oregano, and sweetener. Bring to the boil, reduce heat and simmer for 20 minutes or until the sauce has thickened slightly. Season to taste.

