



Bolognese Tomato Sauce - serves 2 people

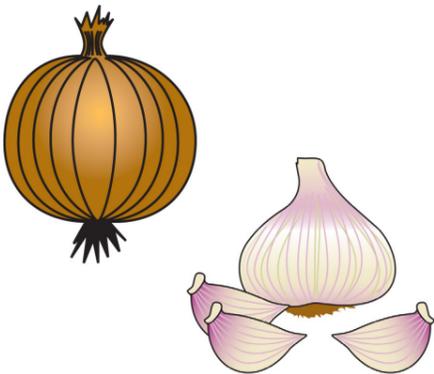


INGREDIENTS

- 1 teaspoon vegetable oil
- 1 onion
- 1 garlic clove
- 1 400g tin of chopped tomatoes
- 2 tablespoons tomato purée
- a pinch of mixed dried herbs
- black pepper to taste

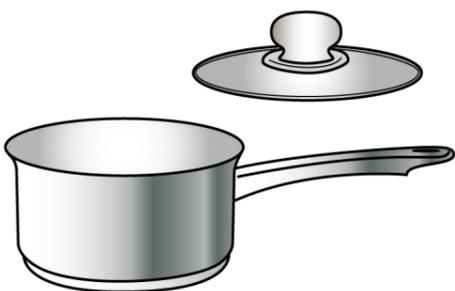


First **wash your hands** with soap and water



Chop the **onion** and **garlic** finely

Keep them separate



Heat the oil in a saucepan

Add the **onion** and cook until soft

Then **add the garlic** and cook for a minute

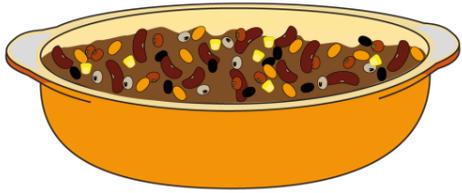


Add the tin of **chopped tomatoes**, **tomato purée** and **mixed herbs** to the pan



Simmer gently for **15-20 minutes** or until the sauce is thick

Add a little **black pepper** to taste



You can use this sauce on **pasta**, on a **vegetable bake** or poured over **fish fillets** baked in the oven

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: getcheckedoutleeds@nhs.net