

Little Hands Love to Cook.

(Adult Supervision Required)

A Favourite Recipe: Easy Peasy Tomato Sauce.

Serve with Pasta, Vegetables or as a Pizza Topper.

Ingredients:

2-3 cloves of Garlic

A little cooking oil (Olive oil is traditional)

Dried herbs (if you like)

A tin of Tomatoes

A tablespoon of Tomato Puree.

When there's nothing ready to eat, with a little imagination we can conjure up a favourite!

Method:



Carefully take the skin off 2 or 3 cloves of garlic.

Grate it on a fine grater (Be careful if its sharp!).



Add it to a shallow pan with a little oil (about a tablespoon). Switch the heat on.

Add a sprinkle of dried herbs if you like.



Add a tin of tomatoes.

Add a tablespoon of tomato puree.



Stir with a wooden spoon (a metal spoon gets hot-careful!).

Put the lid on the pan.

Bring to the boil (until it bubbles).

Stir it again.

Turn the heat down to the smallest number or a tiny gas peep.

Cook for at least 15-20 minutes IF you're too hungry to wait.

However, if you can leave it cooking for one hour or more (1.5 hours) it gets better and better.

The science bit: Cooking tomatoes for a long time with a fat source (oil) helps make the Lycopene (a powerful antioxidant found in tomatoes-really good for you!) easier for your body to use.

Plants are FULL of GREAT things!

Stir your sauce from time to time.



Add a little salt (to your taste).

Serve with Pasta and/or vegetables or use it as a Pizza Topper.

Here we spread it onto a slice of our favourite bread.

We added one or two other toppings. Our neighbour gave us a recently harvested courgette and some herbs. More plants full of great things!

Then we baked it in a hot oven for 8-10 minutes.

Mmmm 😊

