

Fresh tomato sauce with pasta



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Preparation: about 15 mins **Cooking:** about 1 hour
Serves: 4 **Makes:** approx. 2 cups sauce

Ingredients:

Tomato sauce

1 kg ripe Roma (egg) tomatoes
2 tbs olive oil
2 garlic cloves, crushed
1 small brown onion, finely chopped
1 1/2 tbs tomato paste
2 tsp sugar
salt and ground black pepper

To serve:

400g dried penne pasta
200g chopped reduced fat ham
finely grated parmesan cheese, to serve

Method:

1. Place tomatoes in a large heatproof bowl. Pour over boiling water to cover. Set aside for 1 minute. Drain. Peel and halve tomatoes lengthways. Scoop out and discard seeds. Roughly chop tomato flesh. Set aside.
2. To make tomato sauce, heat oil in a medium frying pan over medium heat. Add garlic and onion and cook, stirring often, for 5 minutes or until onion is soft. Stir in tomato paste and cook for 1 minute.
3. Add chopped tomatoes and sugar to pan. Season with salt and pepper to taste. Stir to combine. Cover and simmer, stirring and mashing tomatoes with a wooden spoon occasionally, over medium-low heat for 45 minutes or until very tender.
4. To serve, cook pasta following packet directions, until al dente. Drain and spoon pasta into serving bowls. Top with tomato sauce, shredded reduced fat ham and grated parmesan cheese.



Tomatoes:

- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance any adverse effects of the sodium in salt.