

Quick Tomato Sauce

Recipe: Angel Munro



EQUIPMENT/ UTENSILS	INGREDIENTS
Metal bowl Kitchen scales Measuring teaspoon & tablespoon Measuring cup Food processor Wooden spoon Electric frypan Six dip bowls & six teaspoons to serve	400g canned tomatoes 1 Onion, medium and finely chopped 2 tbsp extra virgin olive oil 50g brown sugar 4 sprigs of oregano leave's removed 1 tsp Salt 80ml apple cider vinegar 1 tsp Cinnamon powder 6 turns of black pepper

METHOD: WHAT TO DO:

1. Turn the electric frypan on medium, add extra virgin olive oil & add chopped onion and sauté until translucent.
2. Add tomatoes, oregano, brown sugar, vinegar, cinnamon, black pepper and salt and mix well.
3. Cook for about 15 minutes on medium heat, stirring often. Cool for 5 minutes.
4. Blend in food processor until smooth.
5. Place in six dip bowls with teaspoons and serve with veggie & lentil rolls made by station 2.