

Tomato Sauce



This sauce is great to serve with meatballs or as a base sauce for a chilli or bolognaise. I make a big batch of this every other week and freeze into small portions. I use it for so many recipes. It's really tasty and has lots of hidden veg in it too. Make loads and batch it up in the freezer.

- 1 pint of chicken stock (notice in the picture my block of frozen stock. Get into the habit of making stock regularly.)
- 2 carrots
- 2 red peppers
- 200g spinach
- 2 onions
- 2 bay leaves
- 1 tsp oregano
- Handful of fresh basil
- 4 tins of organic tomatoes

Place all of the ingredients into a pressure cooker. Close the lid and bring to the boil for 10 mins. Let the pressure cooker cool or use a quick release system and blend. This sauce is done! If you do not have a pressure cooker then bring this to the boil and then simmer for approx. 25 mins or until all the veg is soft.