Homemade tomato pasta sauce

Equipment

- Large saucepan
- Cooks knife
- Measuring spoons
- Measuring cup
- Stirring spoon
- Chopping board
Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1 onion, sliced
- 1 tablespoon tomato paste
- 2 x 400g cans chopped peeled tomatoes
- salt and ground black pepper
- 1 teaspoon sugar
- 1/2 cup chopped basil
- 1/3 cup chopped flat leaf parsley

1. Step 1

   Heat the oil in a large saucepan over medium heat. Add the garlic and onion and cook for 3-4 minutes until softened but not browned.

2. Step 2

   Add the tomato paste and cook, stirring constantly for 1 minute (this 'cooks off' the paste, giving it a richer more intense flavor).

3. Step 3

   Add the peeled tomatoes, reduce the heat and simmer for 8-10 minutes, until thickened.

4. Step 4

   Stir through the salt and pepper, sugar, basil and parsley, adjusting the seasoning as required.