



Tomato Topping

Makes: 4 cups

Serve: 1/3 cup

Ingredients:

1 large onion, diced	(150g)
Optional: olive oil	(10-20ml)
2 tbsp tomato paste	(40g)
2 tsp dried basil	(2g)
1 tsp oregano	(1g)
½ tsp salt	(3g)
2 cloves garlic, minced	(10g)
2 400g tins diced tomato	(800g)

Method:

1. Sauté onion gently to caramelize (in a dry pot or with a little oil). Add tomato paste, basil, oregano, salt. Add a little water as needed to prevent burning.
2. Add minced garlic and sauté for 30 seconds.
3. Add diced tomato and bring to boil. Simmer for 10 minutes.
4. Serve as topping over patties, pasta, etc.