



Basic Tomato Sauce

5'

Hands on

8-10

Portion(s)

1

Difficulty



Method

Quick and easy to make! This fragrant, homemade tomato sauce can be used for pizza, pasta or bruschetta.

- **Grate** the tomatoes into a **bow!** and discard the skin.
- Add ketchup, breadcrumbs, parmesan, olive oil, sugar, salt, pepper, basil and oregano. Mix tomato sauce with a spoon.

1st serving style

- On the pizza dough, spread 2 tablespoons of the tomato sauce, add the mozzarella in pieces and bake for 8-10 minutes in a preheated oven 220* C (428* F) Fan.
- Add fresh basil leaves.
- You can make up to 4 pizzas with the basic tomato sauce.

2nd serving style

- Add the tomato sauce to 500 g of boiled spaghetti and toss.
- Sprinkle with extra parmesan and 1 tablespoon finely chopped basil.

3rd serving style

- Spread the tomato sauce over 10 bruschetta.
- Add **grated** feta, olive rounds and fresh oregano.

Tip

Transfer to glass jars and store in the refrigerator for 2-3 days.

Ingredients

- 500 g tomatoes, ripe
- 3 tablespoons ketchup
- 30 g breadcrumbs
- 20 g parmesan, grated
- 2 tablespoons olive oil
- pinch of sugar
- salt
- pepper
- 2 tablespoons fresh basil, finely chopped
- 1 tablespoon dry oregano

1st serving style

- pizza dough
- 500 g mozzarella
- fresh basil

2nd serving style

- 500 g spaghetti, boiled
- 2 tablespoons parmesan, grated
- 1 tablespoon basil, finely chopped

3rd serving style

- 10 bruschetta
- 100 g feta cheese
- 50 g olive rounds
- 1 tablespoon fresh oregano

Διατροφικός πίνακας

Nutrition information per 100 gr.

92 Calories (kcal)	4.9 Total Fat (g)	1.2 Saturated Fat (g)	8.5 Total Carbs (g)
5%	7%	6%	3%
5.2 Sugars (g)	2.2 Protein (g)	1.3 Fibre (g)	0.42 Sodium (g)
6%	4%	5%	7%