



This tomato sauce recipe is one of my favourite standbys for the freezer, I make it in huge quantities so that I have always got it. It can be cooked from frozen straight into the pan to warm through. It goes with the aubergine bake, numerous pasta and veggie inventions, it is wonderful with fish and works very well as a base for curries, casseroles and soup. I grow my own herbs, but you can use dried if preferred. If you like it spicy, add some chilli, I add chilli to

individual portions as I use them, but you add it when you like.

Try it and see if you ever buy shop bought tomato sauce again.

Ingredients

- 5 kg tomatoes
- 4 red, yellow or orange peppers (optional)
- Thyme to taste (I use about 5 teaspoons)
- Oregano 2 teaspoon
- Basil (any variety) a handful
- 1 bulb of garlic
- Olive or avocado oil
- Salt and pepper to taste

Method

- Heat oven to 130 c fan, 150 c, gas mark 1
- Cut tomatoes in half and place on baking trays you may have to do it in stages
- Cut peppers in half and place on baking trays with garlic bulb
- Sprinkle with Olive oil and evenly spread herbs and seasoning over the tomatoes
- Place in the oven and cook slowly for about 1.5 hours
- When the tomatoes are slightly crinkly and have shrunk slightly place them in a large bowl whilst still hot and cover with cling-film.
- Repeat with the peppers. Leave cooked garlic to one side
- After about 20 mins peel skin of peppers and tomatoes and remove the hard inner core of the tomato, put to one side, you should end up with a lot of juice and some seeds and a pile of skins and hard core.
- Place the core and skin into a food processor and whiz up until form a creamy consistency.
- Squeeze the garlic bulb into tomato sauce until all garlic has been removed.
- Mix it all together in a bowl.
- Leave to cool and place in freezer bags, I use a size for two people but you do them appropriate to your family size.
- I normally get between 8 -10 bags.