

6
SERVINGS



La Tablée des Chefs



Quick Tomato Sauce with Pasta

Ingredients

SAUCE

- 🏠 1 tbsp (15 ml) oil
- 👑 ½ chopped onion
- 👑 2 chopped garlic cloves
- 🏠 1 tsp (5 ml) chopped fresh oregano*
- 🏠 ½ tsp (2,5 ml) cut up fresh thyme*
- 👑 1 can of 796 ml of crushed tomatoes
- 👑 1 tbsp (15 ml) brown sugar
- 🏠 Salt and pepper to taste

PASTA

- 👑 3 cups (750 ml or 330g) pasta of your choice

YOU WILL NEED

- ★ can opener
- ★ chef's knife
- ★ colander
- ★ cutting board
- ★ paring knife
- ★ pot (medium)
- ★ pot (large)
- ★ set of measuring spoons
- ★ set of measuring cups
- ★ wooden spoon

SUGGESTED ALTERNATIVES

*FRESH HERBS → dried herbs of your choice (basil, oregano, savory, thyme, etc)
decrease the original quantities by half

continuation of the recipe

Preparation

SAUCE

- 1 Place a saucepan over medium heat and add the oil.
- 2 Add the onions and cook them for 5 minutes.
- 3 Add the garlic and herbs and cook for 2 more minutes.
- 4 Add the tomatoes, sugar, salt and pepper and stir.
- 5 Cover and let simmer over low heat for 10 minutes.
- 6 Adjust the seasoning.

PASTA

- 7 Fill a large pot with salted water and bring to a boil.
- 8 Add the pasta and cook uncovered, stirring occasionally. Cooking time may vary depending on the type of pasta; taste after a few minutes to check if they're ready.
- 9 Drain using a colander. Do not rinse the pasta; if you are not ready to serve, drizzle some oil on it and stir; this will prevent them from sticking.

BONUS

- ➔ Add 15% cream at step 6 to create a rosée sauce!
- ➔ Pour the pasta and sauce into an ovenproof dish, add grated cheese and put it in the oven for a few minutes to brown.
- ➔ Add a protein (grated tofu, ground meat, sausage, lentils, etc.) at step 4 (adjust the cooking time) to make this a balanced meal.