

Take a tin of tomatoes...

3 different ways to create a delicious dish using a tin of tomatoes!

Tomato soup

Take 1 finely chopped onion, 2 peeled and diced carrots, a couple of handfuls of red lentils, a tin of tomatoes, a stock cube, water and throw everything into a pan.

Bring to the boil, and simmer until all the veg is cooked...enjoy!

Tomato sauce for pasta

Take 1 chopped onion, a clove of garlic and a wee bit of oil. Throw into a pan and fry for a couple of minutes. Add a tin of tomatoes and simmer for 15 minutes.

Tomato topping for pizza

Use the ingredients above but once cooked, blend into a smooth sauce and use as a tomato topping for pizza.