

MY WEANING COOKBOOK

Dinner/Lunch

Homemade tomato sauce

- Cook time:** 20 mins
- Servings:** Makes one big batch
- Freezable:** Yes
- Suitable for:** 6 months +
- Allergens:** Free-from 14 allergens

Ideal for
freezing for
later



Provided by

SR Nutrition
CHARLOTTE STIRLING-REEC

AllergyUK

Ingredients

- ½ tsp of olive oil to a pan
- ½ a red onion, diced
- 1 garlic clove, chopped roughly
- 1 tin of chopped tomatoes
- or around 300g chopped beef tomatoes
- 1 tbsp mixed herbs

Or

- ½ tbsp basil
- ½ tbsp tarragon

Method

1. Add the oil to a pan and gently heat before adding the onion for 2-3 mins or until it starts to soften
2. Add the garlic
3. Add the tomatoes and herbs
4. Bring to the boil and then turn down the heat for a simmer for around 7 mins
5. Pour on top of pasta/spaghetti and add some proteins (lentils/beans/fish) to make it really balanced

Allergen information

Free-from the 14 allergens

Great for...

- Freezing
- Using over pasta, vegetables, pulses, fish or potato
- Experimenting, by adding other vegetables
- Eating together as a family; including children at your meal times helps them with development and food acceptance

My notes:
