

Tomato Sauce

1 tbsp. oil
2 green onions finely chopped
1 large clove garlic, minced or crushed
14 oz. can chopped or diced tomatoes
2 tbsp. tomato paste
Salt and pepper to taste
1 tbsp. chopped fresh parsley

Heat oil in a saucepan, add the green onions and cook gently until soft.
Stir in the garlic, tomatoes (with juice) and tomato paste.
Season with salt and pepper and bring to a boil.
Then reduce heat and simmer, uncovered, for about 30 minutes or until sauce has reduced and thickened.
Stir in the parsley and chill until needed.