

SPAGHETTI SAUCE

Spaghetti noodles

5 ml Vegetable Oil

¼ onion diced

¼ celery diced

¼ carrot diced

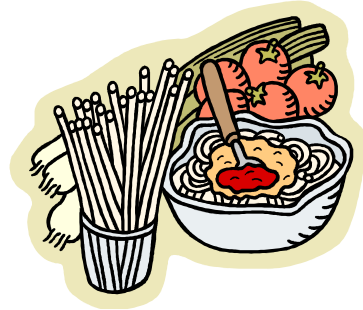
½ garlic clove

350 ml crushed tomatoes

3 ml basil

3 ml oregano

salt and pepper to taste



1. Boil a large pot of water with 2 ml of salt
2. Add the noodles and cook until el dente
3. Sauté the vegetables in olive oil, until they are soft.
4. Add Tomato Sauce and herbs to the vegetables
5. Simmer for 15 minutes
6. Drain the noodles with a colander
7. pour sauce over noodles and enjoy

optional: Top with parmesan cheese

Terms:

1. Sauté
2. El dente
3. Simmer