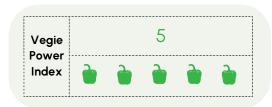
Napoletana Sauce







Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 40 MINUTES

BASED ON: 10 SERVES

INGREDIENTS	SERVES 10	SERVES 25	SERVES 50
Light olive oil	10mL	25mL	50mL
Brown onions, finely diced	160g	415g	830g
Crushed garlic	13g	35g	65g
Bay leaves	1 only	2 only	3 only
Crushed tomatoes, canned	300g	750g	1500g
Pepper	lg	2g	3g

METHOD

- 1. Slowly cook onions, garlic and bay leaves in oil without colour until reduced in size by half
- 2. Add tomatoes and pepper and bring to the boil
- 3. Reduce heat to low and simmer for 30 minutes

VARIATIONS

- For non-vegetarian options, add browned lean beef mince (approximately 100g per serve).
- Add chilli for a more authentic taste (Depending on your student demographic)
- Adjust consistency with water if too thick
- Optional vegies include capsicum, mushrooms, celery, carrots
- Once cooked, cool the sauce as quickly as possible by placing it into smaller containers - this can then be kept refrigerated for 3-4 days or frozen