

# 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	1g	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