

Cauliflower in tomato sauce



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For 3-4 servings:

1 cauliflower

1 onion, finely chopped

1/2 kg tomatoes, chopped or 1 can of chopped tomatoes or 2-3 tablespoons tomato paste

1 tablespoon oil

parsley, finely chopped

salt and pepper, to taste

Wash the cauliflower and cut it into florets.

Heat the oil in a large pan and add the onion. Fry for 3-4 minutes, stirring occasionally.

Add the cauliflower florets and a cup of water. Cover and simmer, on medium heat, for about 7-10 minutes.

Add the tomatoes (or the canned tomatoes or the tomato paste dissolved in a cup of water). Continue cooking on medium heat until cauliflower is done. Stir occasionally, taking care not to crush the cauliflower.

Finally add salt and pepper and garnish with parsley.

Variation: Together with the cauliflower you can add 3-4

potatoes, cut into pieces