

## Base tomato sauce.



This recipe makes 1.5 -2 litres of sauce.

### Ingredients

- 2 rough chopped Onions
- 1 Red pepper chopped
- 2 Courgettes grated / chopped
- 3 Carrots grated / chopped
- $\frac{1}{4}$  butternut squash grated
- $\frac{1}{2}$  shredded cabbage
- 6 tins Chopped Tomatoes
- $\frac{1}{2}$  tablespoon Oregano
- Salt and black pepper to taste.
- Tomato puree to thicken

## Method

1. Sweat off all the chopped and grated vegetables in a large pan on a moderate heat for 10 minutes without colour.
2. Add the oregano and the chopped tomatoes and simmer for at least 1 hour.
3. Blitz the mixture with a hand blender and season accordingly.
4. Decant into suitable containers and use as required.

**Note** ; the vegetable ingredients are a guide and can be varied depending on what you have in your fridge or seasonably available, adding the tomato puree at the end will correct the thickness of the sauce as required.

**All these recipes have been put together for the children of  
Downside Primary school.**