

Rich Tomato & Veg Sauce

A great, versatile sauce that you can use with pasta, lasagne, pizza, casseroles etc. Make a big batch and freeze for later use. This recipe make 8 portions so if you don't want that much, then just halve it.



Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 courgettes, grated
- 2 carrots, grated
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- 2 bay leaves
- 4 tsp dried herbs
- 1 tsp sugar
- 4 x 400g/14oz cans chopped tomatoes

Method

1. Heat the oil in a pan and add the vegetables, herbs and bay leaf. Stir in the sugar with some salt. Gently cook for 10-15 mins until the veg is tender.
2. Stir in the tomatoes. Simmer very gently for 30 mins until the sauce has reduced by two-thirds and is very thick.
3. If you want a smooth sauce you can blend with a hand blender
4. Stir occasionally, particularly towards the end of the cooking time, so that the sauce doesn't catch on the bottom. If you like your sauce a little thinner, add a splash of water. Serve with