



Pirton Hill Primary School

Base Tomato Sauce

This recipe makes 1.5 - 2 litres of sauce!

Ingredients:

- 2 onions, roughly chopped
- 1 red pepper, chopped
- 2 courgettes, grated or chopped
- 3 carrots, grated or chopped
- $\frac{1}{4}$ butternut squash, grated
- $\frac{1}{2}$ shredded cabbage
- 6 tins chopped tomatoes
- $\frac{1}{2}$ tbsp oregano
- Salt and pepper

Method:

1. Sweat off all of the chopped and grated vegetables in a large pan on a moderate heat for about 10 minutes.
2. Add the oregano and chopped tomatoes and simmer for about 1 hour.
3. Blitz the mixture with a hand blender and season, as required.
4. Pour the mixture into suitable containers and use as required. It can be frozen!

Note: The vegetable ingredients are a guide and can be varied depending on what you have in your fridge or are seasonably available.

**All these recipes have been put together for the children of
Pirton Hill Primary School.**