

Use up veg base sauce

Ingredients:

- Carrots
 - Onions
 - Garlic
 - Celery
 - Mushrooms
 - Courgette
 - Tomatoes
 - Stock
- Optional:
- Chilli flakes
 - Italian herbs
 - Curry powder



Chef's Tip:

Vegetables that are looking wilted are perfect for this versatile sauce

Method:

- Chop all veg into cubes about 2cm to cook evenly
- Heat oil in a deep pan and add the onions, carrot, celery and cook at low heat until soft
- Add mushrooms, tomatoes, courgette, garlic and continue to cook until soft
- Add stock and tomato paste or tinned tomatoes and cook until thick.
- Cool down and blend (or you can leave it as it is if you like chunky veg).
- Store in separate containers and freeze for up to three months!



Chef's Tips:



TexMex Chilli:

Add a can of pinto beans, paprika and coriander for a chilli base



Italian Ragu:

Add basil, oregano and garlic for a pasta sauce base



Curry Sauce:

Add some curry powder, cumin and ginger for a simple curry base

For more tips and recipes scan:

