

SECRET VEGGIE PASTA SAUCE

Ingredients:

2T Olive Oil

1 Onion, peeled and chopped

3 cloves of garlic, peeled and chopped

2 red peppers, rough chopped

3 carrots, peeled and chopped

2 stalks of celery, chopped

1 yellow squash, chopped

2 tins of no-salt-added diced tomatoes

2 cups of water

Optional: black pepper, oregano, cheese



Method:

1. Heat a large saucepan with olive oil. Add the onions and garlic first and stir for a few minutes until soft.
2. Add the rest of your chopped veggies, followed by the cans of tomato sauce and 2 cups off water. Bring to a boil and allow the vegetables to simmer.
3. Meanwhile, prepare and cook your grains and protein. (I used wholewheat penne pasta and lean ground turkey).
4. When the veggies have cooked, allot hem to cool slightly, then blitz with a handheld blender until smooth and creamy.
5. Combine the veggie sauce with grain and protein, dust with grated cheese, and enjoy!