

What's Really In It?

Veggie Pasta Sauce



Ingredients:

2 tbsp Olive Oil
2 Onions, finely chopped
1 tsp Minced Garlic
2 tsp Dried Mixed Italian Herbs
3 Celery stalks, trimmed and finely chopped
2 Leeks, trimmed and finely chopped
2 Carrots, peeled and finely chopped
2 bell peppers (any color, we prefer yellow), finely chopped
1 Zucchini finely chopped
4 x 15ounce Cans Chopped Tomatoes
1 tbsp Tomato Paste (tomato puree)
2 cups Vegetable / Chicken Stock

Directions:

1. Heat the oil in a LARGE saucepan, over a medium heat. Add the onion, garlic, and mixed herbs and stir for a couple of minutes till fragrant.
2. Add the remaining vegetables (celery, leeks, carrots, bell peppers, zucchini) and cook, covered, for around 20 minutes. Continually check and stir the vegetables, you want them to be soft but not burn.
3. Add the tomatoes, tomato paste, and stock. Stir until combined. Bring to a boil, reduce the heat and allow to simmer for another 20 mins.
4. Allow to cool slightly and then blend until smooth (an immersion blender works great in this step)
5. Serve over cooked noodles of your choice.
6. Allow to fully cool before pouring the sauce into containers/zip lock bags for storing. This sauce freezes well.

Enjoy!