

VERSATILE VEGETABLE PASTA SAUCE

INGREDIENTS:

Olive oil

2 onions

1 leek

2 carrots

1 zucchini

1-2 cups of pumpkin (can leave skin on)

3 cloves of garlic

1 red capsicum deseeded

2 celery stalks

Herbs of choice

2 tin tomato 440g

Red wine vinegar

1 cup of water

METHOD:

1. Place chop veg into 2 cm chunks and keep garlic cloves in their skins. Place on a lined baking tray and drizzle with olive oil, salt and pepper and bake at 200' (I like to put the celery and zucchini on in the last 10 minutes) and bake for 30 minutes.
2. Place all veggies in a large pot, squeeze the garlic out of skins and place herbs in the pot. Also add tin tomatoes, splash or red wine vinegar and 1 cup of water. Bring to a simmer for 15 minutes.
3. Use a stick mixer to blend to your desired consistency. Season to taste.

