



Secret Veg Tomato Sauce

Ingredients

2 red onions
2 carrots
2 fennel bulbs
½ head of celery
2 red peppers
400gm pumpkin peeled and chopped
bag of Swiss Chard
1 garlic bulb
2 tbsp Italian herbs
3 jars of Passata OR 6 tins plum tomatoes
tin of white beans (optional)
salt and pepper
4 tbsp olive oil
¼ cup Worcestershire sauce

Instructions

- Preheat oven to 180 degrees
- Wash, trim and peel the onions, celery, fennel and carrots, de-seed the peppers and roughly chop all the vegetables. Roughly 2x2cm dice.
- Place the vegetables in a big deep roasting dish. Toss with 3 tbsp olive oil, add Italian herbs salt and pepper and in half width ways the head of garlic (place in the middle of pan). Toss together so evenly coated.
- Cover tightly with tin foil (I prefer a layer of baking paper between the food and the foil) and roast in the oven for 40 minutes, Remove the foil, stir and roast for another 20 mins or until soft and caramelised.
- Add all vegetables to BIG pot, squeeze the garlic cloves out and add tomato Passatta or tinned tomatoes. Add two cups of water and Worcestershire sauce. You want it to end up saucy.
- Mix together and allow to simmer on the stove for an hour or so, add in bag of Swiss Chard and blitz all ingredients together with a hand blender until smooth.
- Divide up into freezer bags 10 soup ladles (approx 1 litre) per large freezer bag (279mm x 268mm) is good and label them. Also do some smaller portions 2 ladles in a small bag or 5 ladles in a medium bag. The smaller portions can be used in other meals. Lay flat in freezer for easy storage.

This sauce tastes delicious and now acts as a perfect flavour base. It contains so many hidden vegetables, no one will ever know! This Secret Tomato Sauce is the basis for the Better For You Bolognese, another meal prep winner!

Other meal ideas are: Spaghetti and Meatballs, pizza sauce, plain tomato pasta sauce or add chilli for a spicy Arrabiata sauce topped with Parmesan. It can be the tomato base for Chicken Enchiladas or Black Bean Taco Mince.

TOP TIP: Invest in a good big 11 litre stainless steel stock pot for bulk cooking!