



Recipes

Basic Pasta Sauce

(serves around 6 people)

A good dish to have on standby for a quick and easy meal. The children will love it, and it is a great way to get them to eat lots of healthy vegetables.

Ingredients

- 1 onion, peeled and diced
- 2 cloves garlic, crushed or finely chopped
- 3 x 400g tin tomatoes
- Optional: add other vegetables such as peas, courgette, squash or peppers

Method

For the basic sauce:

1. Add a little oil to a large pan, and fry the onion for around 10 minutes until softened. If using a multi cooker, you could use the saute option.
2. Add the garlic and continue to cook for a further 2-3 minutes.
3. Stir in the tomatoes, breaking them up a little with the spoon.
4. Heat and simmer for around 30 minutes. If using a multi cooker, you could use the stew option and cook for 20-30 minutes.

This is the basic recipe but you can add any other vegetables that you like – add after the onion stage and fry for 5-10 minutes to soften before adding the garlic. You could add anything such as peppers, courgette, butternut squash, fennel ... The list is endless. It'll make your pasta sauce go further so that you have some spare to freeze for another day!