

## Hidden Veg Tomato Sauce



### Ingredients for Pasta Sauce

- 1 medium onion peeled and chopped finely
- 2 cloves garlic, peeled and crushed
- 2 medium carrots, grated
- 1 courgette, grated
- 2 sticks celery, finely chopped or grated
- 1 tbsp olive oil
- 1 400g can chopped tomatoes
- 1 500g carton passata
- 1 tsp dried mixed herbs
- A little seasoning

### Method for Pasta Sauce

1. Place the peeled and roughly chopped onion with the two garlic cloves in a deep frying pan and cook with a little oil until softened.
2. Add the prepared vegetables, tomatoes, passata and mixed herbs to the pan and mix thoroughly.
3. Bring up to the boil then lower the heat and let the sauce simmer for 30 minutes.
4. Check the seasoning and add salt and pepper to taste or a vegetable stock cube.

