

Clever Tomato Sauce

This sauce is clever for two reasons: First, there are lots of ways to use it (see below for a list) – and, second, it's packed to the brim with veggie goodness.

Ingredients (serves 4 children as a pasta stir-through):

- 1 large carrot – diced
- 200 g of pumpkin – diced
- 50 g of frozen peas – defrosted
- 425 g can of baked beans – reduced salt
- 400 g can of chopped tomatoes
- 200 g of fresh tomatoes – chopped

Add any herbs you have growing in your garden! Basil and parsley work particularly well!



1. In a saucepan of boiling water, boil the carrot, pumpkin, and peas for 7-8 minutes until tender, then drain them and return them to the pan. Keeping the pan off the heat, add the baked beans and puree the mixture with a hand blender until smooth.
2. Return the pan to the heat. Add both the canned and fresh tomatoes and bring everything to the boil. Reduce the heat and simmer for 4-5 minutes until the fresh tomatoes are soft and pulpy. Remove the pan from the heat and puree again until you have a beautifully smooth sauce.

Uses:

- Stir through the children's favourite pasta shapes
- Stir into couscous
- Can be used as a super-healthy alternative to bottled tomato sauce
- Can be a base for a meaty ragu.