



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

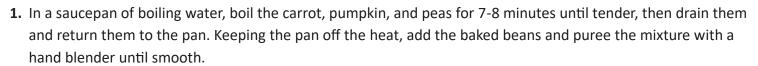
50 g of frozen peas – defrosted

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!



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.



