

7-Veg Tomato Sauce



Makes 4 litres

Prep 15 mins

Cooking 1h

Easy

Ingredients

2 small onions
2 small leeks
2 sticks of celery
2 carrots
2 courgettes
2 red peppers
½ a butternut squash , (600g)
olive oil
2 teaspoons dried oregano
4 x 400 g tins of plum tomatoes

1. Start with your veg prep – you can either do this by hand (which is a great way to practise your knife skills) or, in batches, rattle it all through a food processor. Peel the onions, wash and trim the leeks, celery, carrots and courgettes, deseed the peppers and squash, then finely chop it all.
2. Put a super-large pan on a medium heat with 2 tablespoons of oil. Add the oregano, fry for 1 minute, then add all the prepped veg. Cook with the lid on for 25 minutes, or until the veg are soft but not coloured, stirring regularly. Pour in the tinned tomatoes, breaking them up with a wooden spoon, then just under half-fill each tin with water, swirl around and pour into the pan. Simmer for 25 minutes, or until the sauce has reduced. Leave to cool a little, then blitz until smooth, taste, and season to perfection.
3. Tips: divide up this batch recipe and freeze for future meals, from cheat's pizzezza, to simple pastas. In recipes using more than one tin of tomatoes, try swapping out one tin for a tin's worth of this sauce, for an extra boost. It's always nice to celebrate the changing seasons and add extra veg into the mix, depending on what's available and at its best.