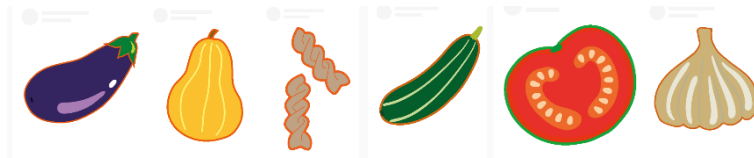


## Monthly Menu Choices

### Hidden Veg Pasta Sauce



#### Pasta sauce

- 1 butternut squash
- 1 aubergine
- 1 red pepper
- 1 red onion
- 2 courgettes
- 6-8 mushrooms
- 1 bag spinach fresh or frozen
- 2 carrots
- 3 tins tomatoes
- Bunch basil
- Black pepper
- 1 tbsp Olive oil/rapeseed oil
- 2 garlic cloves

1. Chop all vegetables into chunks
2. Put in a roasting tin with the oil (except the spinach, basil and tomatoes)
3. Grate the garlic (or press) and rub over the vegetables
4. Roast on a low temperature (150C/130C fan/300F/gas 2 for about an hour)
5. Remove roasted vegetables from oven and transfer to the blender
6. Add the tomatoes, basil, spinach and pepper to the blender
7. Blend as much or as little as you need (if very fussy blend everything to a smooth consistency, otherwise leave a few lumps)
8. Transfer to freezer containers, or if using straight away, just warm up gently

You can use any combination of veg the idea is to get as many as you can into the sauce with as many colours as possible! Double/triple the quantities to get more than one serving as this sauce can be frozen.

#### Recipe key:

