

## VERY VEGGIE TOMATO SAUCE

MAKES 1.2 L / PREPARE 5 MINS / COOK 1 HR

### Ingredients

1	Stick of celery
1	Onion, medium
1	Courgette
2	Carrots
1	Red pepper
1	Garlic clove
800g	Organic tomato passata
1 small bunch	Fresh Basil
2 tbsp	Refined Olive Oil
	Salt & Pepper

### Instructions

Peel and slice your onions and carrots thinly. Wash and chop the celery and courgette. Deseed and chop the red pepper. Peel and crush the garlic.

Heat the olive oil in a heavy bottomed pan and gently fry the veggies until soft but not too brown (10-15 min).

Add the passata, bring to the boil, lower the heat and simmer very gently for 45 minutes. Stir every now and again to ensure it is not catching on the bottom. If it is, lower the heat and add a little water.

Once it is cooked, correct the seasoning and add the basil leaves. Blitz in a blender until you get your desired consistency – from chunky to very smooth.



### Nutrifacts



**Tomatoes** are high in FIBRE that help to maintain a healthy digestive system and keeps us fuller for longer.

**Tomatoes** also contain VITAMIN C, an antioxidant that protects our bodies from the damage generated by free-radicals and helps support our immune system. Lutein is the carotenoid that gives tomatoes their bright red colour and is an antioxidant that research shows may help maintain eye health. This fruit also contains Lycopene which helps prevent certain cancers

**Carrots and red peppers** contain VITAMIN C that supports the immune system and  $\beta$  CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from  $\beta$  CAROTENE to support vision.

**Onions** contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.