

# Full of Veg Pasta Sauce

Recipe from Margaret River Primary School

Traffic light category: **Green**

Serves: 30

## Ingredients

- 2 tablespoons olive oil
- 2 small brown onions, diced
- 1 small leek, washed, sliced
- 2 sticks of celery, trimmed, diced
- 2 red capsicums, diced
- 2 medium zucchinis, grated
- 2 medium carrots, peeled, grated
- ¼ teaspoon dried oregano
- 2 bay leaves
- 4 x 400g tinned tomatoes
- 1 small butternut pumpkin, peeled, seeded, grated
- 500mL water
- Freshly ground black pepper

## Method

1. Heat a large saucepan over medium heat
2. Add oil then onions, leek, celery, capsicums, zucchini, carrots and herbs
3. Cook slowly for 20 minutes with the lid on, until vegetables are soft but not browned. Stir occasionally to ensure vegetables do not stick
4. Add the tomatoes and grated pumpkin, water and a good pinch of pepper
5. Bring to the boil and simmer gently for about 30 minutes or until pumpkin is soft
6. Remove the bay leaves, allow to cool slightly before blitzing with a hand held blender until smooth.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	154.96kJ	152.17kJ
Protein	1.20g	1.18g
Total fat	1.49g	1.47g
Saturated fat	0.23g	.23g
Carbohydrate	3.93g	3.86g
Sugars	3.30g	3.24g
Dietary fibre	1.48g	1.45g
Sodium	23.61mg	23.18mg



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](#)

💻 waschoolcanteens.org.au [t /wascainc](#)