



WHATEVER YOU MAKE IT! SAUCE

Recipe by Ann Griffiths: Winner in Main Course Category 2013

Serves: 4 People
Prep Time: 10 minutes
Cook Time: 40 minutes

Ingredients:

1 large onion chopped
Tin chopped tomatoes or fresh if you have a glut from the garden
2 cloves of garlic crushed
2 courgettes chopped small
1 green pepper chopped into small pieces
1 teaspoon dried mixed herbs
1 teaspoon smoked Paprika

Use:

Any left-over uncooked vegetables e.g. French beans, carrot, aubergine, mushrooms, cauliflower. Cabbage is not advised. If you have left over chorizo sausage this can be added at the beginning.

Step by step:

- 1 Fry the onion (and Chorizo if using) until it starts to soften.
- 2 Add the rest of the ingredients for the sauce except for the tomatoes. Cook until softened on a lowish heat.
- 3 Now add the tomatoes and then fill empty tin up with water and add the water to the pan. Bring to the boil, then reduce to a low heat and cook for about 25 minutes.
- 4 Add salt, pepper and seasoning to taste.
- 5 Now add whatever veg you have to hand. Remember, not all veg cooks in the same time so you may have to add them in batches! An average cooking time for the vegetables is 10 to 15 mins.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
110	6.2g	5.2g	0.6g	0.1g	3.1g
6%	7%	7%	3%	2%	13%

of an adult's guideline daily amount



MAKE 28 TASTE GREAT!



Chef's tips *from Ann*

When you add the garlic don't burn it as it will taste bitter! If the sauce tastes acidic add a teaspoon sugar. You may need to add a little more water to cover the veg.

Use up

Cooked and uncooked vegetables, vegetables that need using.

Variations

The sauce can be used to serve with meats, chicken, or fish with potatoes, pasta, couscous or quinoa. Try with tofu or vegetarian meat alternatives.

Extra flavour

Try adding a pinch of chilli if you like spicy food or fresh herbs. Smoked ham, salami or sausages.

Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or in a saucepan on the hob, heating thoroughly until piping hot.

Vegetarian & vegan options

Brilliant for vegetarians and vegans, provided no meat or fish has been added to the ingredients.

Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

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So versatile!

This recipe is also delicious if you have any left-over meat or sausage, which can be added to the sauce, to heat thoroughly. It is also delicious over pasta with cheese grated over, or if you are feeling extravagant with Goats cheese.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit recycleformerseysideandhalton.com

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