

Recipes

Pasta Sauce

Method

- + Blitz onion & garlic then fry in a large pot. Meanwhile blitz the vegetables, add to the pot and continue to fry for 5 minutes.
- + Add remaining ingredients, reduce heat and put your lid on. Allow it to simmer for around 20 minutes stirring every so often.
- + Once cooked through put it back into your food processor & blend.

Ingredients

- + 1 Onion
- + 2 Cloves of Garlic
- + 3 Tbs Oil or Ghee
- + 1 Red Capsicum
- + 2 Small Zucchini
- + 2 Carrots
- + 2 Celery Sticks
- + Handful of Mushrooms
- + 1 Cup Beef or Chicken Bone Broth
- + 2 Cans Crushed Tomatoes
- + 1 Jar Passata
- + Salt & Pepper as desired