



**CAMP  
SOUTHERN  
GROUND**

## HIDDEN VEGGIE TOMATO SAUCE

### INGREDIENTS

- 1 tbsp oil
- 1 medium onion, finely diced
- 2 garlic cloves, crushed
- 3 carrots, finely diced
- 2 celery sticks, finely diced
- 2 zucchini, finely diced
- 1 red pepper, chopped
- 48 oz passata (strained tomato puree)
- 500ml / 2 cups vegetable stock
- 1 tsp dried Italian herbs
- 1 tsp paprika
- optional: handful of fresh basil leaves



### INSTRUCTIONS

1. Heat the oil in a large saucepan. Add the onions and fry for 2-3 minutes. Add the garlic and fry for another minute before adding the carrots, celery, zucchini and red pepper.
2. Pour in the veg stock and passata and stir well. Add dried herbs and paprika and bring to the boil.
3. Simmer on a medium heat for about 20 minutes or until the vegetables are soft. If you want to add the fresh basil leaves do so when the vegetables are soft.
4. Remove from the heat and blitz either with a hand blender or in an upright blender until smooth.
5. Pour the sauce into jars, containers or freezer bags and allow to cool before refrigerating or freezing.