## Tomato and vegetable pasta sauce



## Ingredients

- · oil, for frying
- 1 onion, finely chopped
- 2-3 cloves garlic, crushed
- 1 tsp smoked paprika
- 1 pinch cumin
- 2 heaped tbsp tomato puree

- · 2 courgettes, cut into chunks
- 1 red pepper, cut into chunks
- 1 small aubergine, cut into chunks
- 1 small pack of mushrooms, quartered2 cans chopped tomatoes
- pinch of dried thyme or oregano
- fresh thyme, flat-leaf parsley or basil

## To serve

Cooked Pasta and Grated Cheese

## Method

- 1. Heat the oil in a saucepan and gently fry the onions until softened, around 5 10 minutes. Add the garlic and spices and cook for another minute. Add the tomato puree and cook for one minute, then stir in the chopped veg, coating it in the mixture.
- 2. Stir in the chopped tomatoes, then simmer for around 20-30 minutes or until the vegetables are cooked through, stirring occasionally. Stir through the herbs and serve with cooked pasta and grated cheese. You can also blend the sauce for young children to hide the vegetables and freeze it in small portions.

