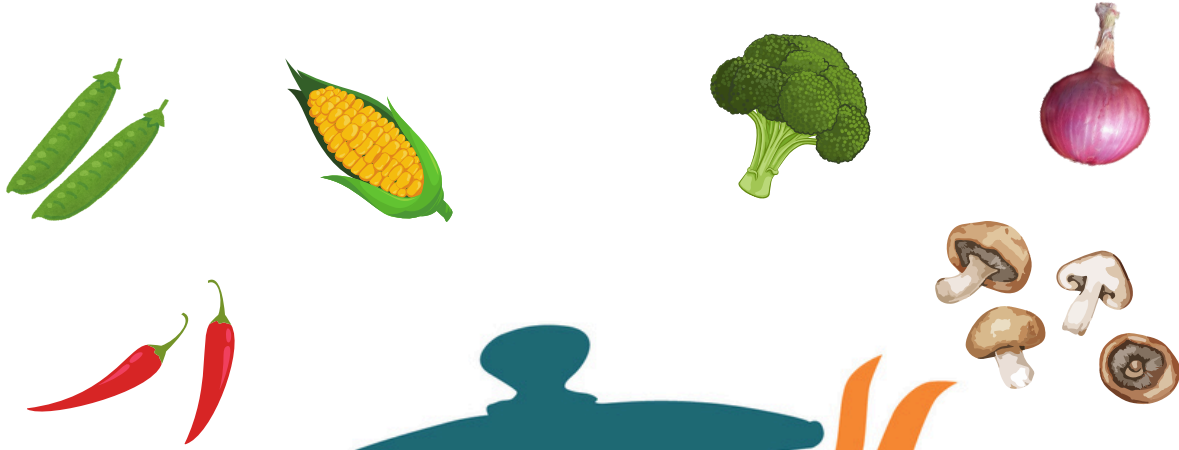




Foodshare



Cooking for
Change!
PROGRAM



Pasta and Vegetable Sauce



Pasta and Vegetable Sauce

Ingredients - 50 serves

- 3kg onion
 - 3 bulbs garlic (or 250g crushed garlic)
 - 4 red capsicum
 - 4 green capsicum
 - 8 zucchini
 - 1kg tomato paste
 - 6kg canned chopped tomatoes
 - Herbs eg Basil - fresh or dried
 - 5kg pasta, eg penne
 - 2kg grated cheese
 - Salt and pepper
- optional extras**
- 4kg minced beef for pasta with beef and tomato sauce.
 - Add any seasonal vegetables of your choice, eg squash, fresh tomatoes, pumpkin, etc.
 - 2kg frozen vegetables can also be added to aid rapid cooling of sauce

Method

Prepare the sauce:

1. Peel and dice onion
2. Crush, peel and finely dice garlic
3. Wash and dice capsicum
4. Wash and dice zucchini
5. Using 4 large stock pots, heat oil and gently fry onion until soft but not brown
6. Add garlic
7. Add capsicum and zucchini, gently fry for approx. 5 mins.
8. Add tomato paste. cook, stirring, approx. 2 mins.
9. Add chopped tomatoes and herbs. Simmer approx. 20 mins. taste and adjust seasoning as required (add little sugar to sweeten the sauce).

Cook the pasta:

1. Half fill a large saucepan with water. Place the lid on the pan and bring to the boil over a high heat.
2. Remove the lid, add the pasta, stir and return to the boil. (Leave the lid OFF).
3. Boil for 10-12 minutes, or until the pasta is "al dente".
4. Drain the pasta