

Vegetable Bolognese

Ingredients;

600gm gluten free pasta rigatoni or similar
1 tsp stock powder
2 onions – peeled and chopped
2 carrots chopped and peeled
2 cups mixed vegetables peeled and chopped
2 capsicum (green)
2 garlic cloves peeled and miced
1 tsp basil
2/3 Tlbsp olive oil
6 Tlbs tomato paste
2 cans (400gram size) diced tomatoes
2 cans (400gram size) kidney beans rinsed and drained

Method;

Place pasta in a large pot bring to the boil, add stock powder, simmer until cooked, drain but keep some liquid in pot to stop sticking together, put aside with the lid on to keep warm.

In an electric frypan add oil and slowly cook onion, carrots, mixed vegetables, garlic and herbs until softened (5 – 10 minutes), stirring to stop sticking to pan.

Add tomato paste, cook for 2 minutes stirring again.

Add tomatoes and beans plus a little water to thin mixture if needed. Simmer again for 10 minutes. Turn off heat and leave lid on till ready to serve.