



Tomato Sauce with Extra Veggies

by Nadia Vidas, RD

Want to super-nourish your family? Add extra vegetables to your tomato sauce! Traditionally we use tomatoes, onions and a few spices to make tomato sauce. By adding additional vegetables, we are essentially adding a whole bunch of extra nutrition. I usually look in my refrigerator and use any vegetables that appeal to me. Each time I make tomato sauce, the flavour changes depending on which vegetables I have on hand. You can freeze extra sauce and/or use it as a base for many other dishes such as chilli, sloppy Joe's, lasagna, rice casseroles and pizza sauce. Is this sneaky? I'm pretty upfront with my family and let them know that I'm into super-nourishing the entire family so extra vegetables is always the way to go!

2 Tbsp	canola oil
4 cups	chopped onion, garlic, celery, red/green/orange peppers, carrots, mushroom, zucchini and/or any other vegetables
2 - 796 mls tin	diced tomatoes
1 Tbsp	brown sugar
a pinch	salt, pepper, oregano, (optional)

How to make it:

- 1. Heat a large saucepan over a medium heat. Add the oil then add the chopped vegetables. Cook for about 15 minutes with the lid on and until all the vegetables are soft.*
- 2. Add the tomatoes, followed by the brown sugar. Cook gently for about 20 more minutes. Add seasonings if desired.*
- 3. Allow the sauce to cool down, about one hour. Use a hand-held blender to puree until sauce is nice and smooth.*