

Anything Sauce

Serves 4

Ingredients:

- ✦ 1 Tbs olive oil
- ✦ 1 brown onion diced
- ✦ 2 cloves (2 tsps) crushed garlic
- ✦ 1 tablespoon tomato paste
- ✦ 500g premium mince
- ✦ 2 medium sized carrots sliced
- ✦ 250g broccoli chopped
- ✦ 300g mushrooms sliced
- ✦ 1 large zucchini sliced
- ✦ ½ cup frozen peas sliced
- ✦ 425g tin of ked kidney beans, drained
- ✦ 800g tin crushed tomatoes
- ✦ 4 Tbs dried mixed herbs

Directions:

1. Heat oil in pan
2. Turn flame to medium heat, add onions & cook until soft, stirring occasionally
3. Add garlic and tomato paste and stir.
4. Add mince and brown
5. Add vegetables and beans and fry for two minutes.
6. Add tomatoes and basil
7. Cook for 15-20 minutes, until vegetables are soft (stirring occasionally).
8. Serve with pasta or rice or on a baked potato
9. Top with some low fat grated cheese.

Alternatives:

- ✦ For a quick alternative: use pasta sauce instead of tomato paste, garlic, tinned tomato and herbs
- ✦ Add any of your favourite vegetables into sauce. Try adding 250g frozen spinach
- ✦ Substitute canned brown lentils for mince. Remove step 4 and add lentils in step 5
- ✦ Use leftovers to make sheppards pie by topping with sweet potatoe/potatoe mash and grated low fat cheese. Bake at 180 degrees for 30 minutes. Or make pies by topping with frozen low fat puff pastry. Bake at 180 degrees for 30 minutes.

