

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

RAGU FOR PASTA

BY KAREN BENNETT,
WALTHAM FOREST

- 2 tablespoons olive oil
- 2 carrots, finely chopped
- 2 onions, finely chopped
- 2 bowls of any leftover vegetables such as mushrooms, peppers, leeks, celery or aubergine
- 2 - 4 leftover cooked sausages, finely diced
- 4 ripe tomatoes, chopped
- any herbs, fresh or dried
- any spices you like - a pinch of each
- 2 cups vegetable stock
- 1 cup leftover red or white wine (optional)
- 1 tablespoon tomato purée
- 2 - 4 tablespoons milk
- salt and pepper

Preparation time

15 minutes

Serves

4

Per100g:

Energy

1976kJ/473kcal

Protein 8.1g

Carbohydrate 46.3g

Fat 28.4g

1. Heat the oil in a large pan and add the carrots and onions. Sauté until soft.
2. Stir in the other vegetables and sausages.
3. Add the tomatoes, herbs and spices.
4. Add the tomato purée, stock and some of the wine (if using), adding more as the sauce reduces.
5. Cover the ragu and simmer on a low heat, stirring occasionally for as long as you can wait, at least one hour.
6. Stir in the milk towards the end of cooking.
7. To serve, cook some pasta, ladle ragu on top and sprinkle with grated cheese.

Top tip: Use this ragu to make pasta bake. Place in a casserole dish with cooked pasta, cover with grated cheese and bake at 180°C (gas mark 4) until the cheese is slightly brown.



@WiseUpToWaste



WiseUpToWaste

nlwa
north london waste authority

WISE UP

TO WASTE