

# Tomato Vegetable Wholemeal Pasta

Recipe provided by Judi Roxburgh from Woodport Early Learning Centre

Serves 20

\$1.80\* per serve



## Ingredients

4 tablespoon olive oil  
2 medium onions, diced  
4 cloves garlic, crushed  
2 carrots, grated  
1 bunch silverbeet, shredded  
5 stalks celery, diced  
2 green capsicums, diced  
2 tins corn kernels  
2 heads broccoli, roughly chopped  
800g tin crushed tomatoes  
3 cups (600g) dry red lentils  
600g dry wholemeal pasta  
2 cups (200g) reduced fat cheese, grated

## Directions

1. Heat oil in large pan and soften the onions. Add garlic and cook for a further minute.
2. Add all the other ingredients and simmer for about 1 hour, stirring regularly.
3. Blitz with a stick blender until smooth.
4. Add seasoning to taste and keep warm until pasta ready. The sauce can also be made in advance and refrigerated or frozen until needed.
5. Cook the pasta, reserving some of the cooking water.
6. Mix the heated sauce through the pasta, adding reserved pasta cooking water if needed to change the consistency. The idea is to have a nice thick generous sauce that coats the pasta to increase the amount of vegetables eaten.
7. Distribute pasta over serving dishes and top with grated cheese.

### To serve:

Serve with lightly steamed vegetables or a garden salad.

### ***nutrition notes***

Food groups per child serve: 1 ½ serves of Vegetables, 0 serves of Fruit, 1 serve of Breads & Cereals, ⅓ serve of Meat & Alternatives, ¼ serve of Dairy.

Type of protein = vegetarian (legumes).

Number of extra iron containing foods needed over the day = 2.

Extra iron containing foods in this recipe: silverbeet, wholemeal pasta.

\*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost