



Recipes
from your
Community



MAGIC SAUCE

by Fiona Gilmore

Prep Time:

20 min

A family recipe which helped to hide all the veggies for my nephews when they were little - they loved it so much they regularly asked if they could have Magic Sauce for tea! They are now all grown up but still don't know what was in it!

INGREDIENTS:

1 onion	1 red pepper	1 Can of Chopped
1 garlic clove	1 aubergine	Tomatoes
1 leek	1 peeled carrot	Some Basil

Step 1



Chop up the **onion, garlic clove** and **leek**, (can be quite chunky as will be blitzed later) and add to a pan with a 1 tbsp of oil. Stir to ensure all is coated and keep on medium heat. Stir every now and then to ensure they don't stick.

Step 2



Chop up the **red pepper, aubergine** and **carrot**, and add them to the pan. Stir over medium heat for 10 minutes then add in a can of tomatoes. Add some water to the tin to ensure you get all the rest of the tomato juice in the can, then add to the pan.

Step 3



Chop up some **basil** and add.

Simmer for 15 minutes

**RECIPE CONTINUES
OVERLEAF**





Step 4 Add everything to a liquidiser and blitz until smooth. You may need to add in some more water as it could be quite thick.

Top Tip: If your sauce looks thick at this point, then pour a bit of water in before you drain it.



Step 5 You can use this sauce to make a range of dishes good and healthy, and tasty! Add to your favourite pasta, serve with any meat and rice dish, or come up with your own uses for the magic sauce!



Bon Appetit!

*Recipe
Submitted
by:*



FIONA GILMORE

Fiona is the Community Cafe Manager for Giving Back and is looking forward to welcoming everyone when the cafe opens. In 2021, she moved from Manchester to Broughty Ferry to be nearer the coast and the great outdoors, loves gardening and one day hopes to own some pigs.