



Vegetable Ragu

You could add
some meat or fish
too!!

Equipment list



- A large saucepan
 - Chopping board
 - Sharp knife (safety with carrying and washing)
 - Wooden spoon for stirring
 - A plate for rubbish
 - Garlic crusher (share)
 - Tin opener
 - Peeler
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- Check the help sheets and recipe books if you are not sure!



Ragu Process



- Peel and dice onion, Peel and crush garlic put in pan.
- Peel and slice any other vegetables add to pan.
- Put 1 tablespoon/dribble of oil in pan and fry gently, medium heat for 3 minutes.
- **Remember SAFETY! Turn the saucepan handle inwards.**
- Stir in chopped tomatoes and herbs (fresh or dried), season with salt and pepper.
- Season and **simmer** (bubble gently, low heat) for 15-20 minutes. If it looks dry add little water.
- Just before end of cooking stir in sausage/fish/cooked meat and heat through.