

Ingredients

Serves 25, 50 and 100

	25 SERVES	50 SERVES	100 SERVES
Butter or margarine	500g	1kg	2kg
Brown onion, diced	500g	1kg	2kg
Garlic, diced	3 cloves	5 cloves	9 cloves
Carrots, diced	500g	1kg	2kg
Celery, diced	500g	1kg	2kg
Red capsicum, diced	250g	500g	1kg
Green capsicum, diced	250g	500g	1kg
Plain flour	500g	1kg	2kg
Tomato puree	200g	400g	800g
Chicken stock, warmed	8 L	16 L	32 L
Pasta (e.g. macaroni or small shells)	200g	400g	800g
Salt and pepper	To taste		
Fresh basil, chopped	10g	20g	40g
Fresh parsley, chopped	10g	20g	40g



Tip:
Add a variety of vegetables such as beans, mushrooms, peas or zucchini to vary the flavour

Method

1. Melt butter in a large saucepan over a medium heat. Add all vegetables and mix thoroughly. Cover pan and cook gently, stirring regularly, until all vegetables are soft.
2. Reduce heat, add flour to vegetable mixture and stir through tomato puree. Add warmed stock slowly, then add pasta. Season to taste and simmer gently for approximately 60 minutes. Stir through basil and parsley before serving.

Nutrition, hints and tips

- This recipe is high in fibre which assists with bowel regularity and prevents constipation.
- The addition of pasta contributes to overall serves of 'Grain (cereal) foods', important for energy, carbohydrates, fibre, folate and B vitamins.
- Stir through tins of cooked legumes (e.g. cannellini beans, chickpeas or butter beans) to increase protein and fibre.
- Meat such as chicken or beef can also be added to increase the protein and iron content of the dish, and makes it suitable to serve as a side or main dish.