

## Spaghetti with vegetables in a tomato sauce

### Ingredients

- 3 tablespoons - Olive Oil
- 1 - red pepper
- 1 - green pepper
- 1 - onion
- 4 - mushrooms
- 2 - cloves of garlic
- 1/3 cup - fresh basil and parsley
- 2 cans - diced tomatoes (796ml cans)



### Prep

- Dice vegetables
- Chop herbs
- Mince garlic



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### Step 1

Heat oil in large frying pan or pot over medium heat. Add the onion and cook, uncovered, stirring often, for 3 minutes or until it softens slightly. Add the garlic and cook, stirring, for 1 minute or until you can smell it.



### Step 2

Add tomatoes and tomato paste, stir in. Increase heat high and bring to a boil. Reduce heat to medium and simmer uncovered, stirring often, for 6-7 minutes or until the sauce reduces and thickens.



### Step 3

Add parsley and basil, stir in. Taste and season with salt and pepper.



### Step 4

Meanwhile, cook the pasta in a large saucepan of salted boiling water. Follow direction on package for cooking time. (Usually between 8 - 10 unless its fresh)



### Step 5

Add pasta to the sauce and mix. Serve immediately.