

Vegetable bolognese sauce *(Sauces and toppings)*



Preparation

Wash and clean the vegetables, dice them and set aside. Make the sauce by putting the chopped celery, carrot and onion in a pan with some oil. Fry for a few minutes over high heat, then add the first spoon of tomato paste. Cook for a few minutes and add the peppers. Mix well with a wooden spoon, cook for about 10 minutes and add the aubergine and courgette. Stir again and in the meantime dissolve the other tablespoon of concentrate in hot water. Then add this liquid to the sauce, adjust for salt and continue cooking for another 10 minutes.

Tips

If you prefer, you can use tinned tomatoes instead of tomato paste!

Trivia

The Italian word for Bolognese sauce is 'ragù' which comes from the French 'ragoût' meaning 'stew'. The transformation of the word from French to Italian occurred during the fascist period, when you did not admit to the use of non-Italian words. So the term 'ragutto' became widespread in Italy, but it soon fell into disuse in favour of the now-famous 'ragù'.

Information

Preparation 15 minutes

Total Time 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Yellow peppers (Half a yellow pepper)

Red peppers (Half a red pepper)

Green peppers (Half a green pepper)

Aubergine (1 aubergine)

Courgettes (3 small courgettes)

Celery (1 celery stalk)

Carrots (1 carrot)

Onions (Half an onion)

Extra virgin olive oil (4 tablespoons of extra virgin olive oil)

Salt (To taste)

Tomato paste (2 tablespoons of tomato paste)

Water 200 millilitres (Warm)