



# Tomato & Vegetable Pasta Sauce



TEAM - 'Together Everyone Achieves More'

This is the recipe that the children made on the Cooking Bus. Why not have a go at making it with your child.

- 1 tbsp light olive oil
- 1 garlic clove, crushed
- 1 medium onion, peeled and finely chopped
- 2 large carrots, peeled and finely chopped
- 1 courgette, sliced (when in season and cheap)
- 1 leek sliced
- 1 red pepper finely diced
- 1 tsp mixed herbs
- 1 400g tin of chopped tomatoes
- 1 vegetable stock cube dissolved in 200ml boiling water
- 1 tbsp tomato purée

A handful of fresh herbs (optional)

1. Heat the oil in a pan, add the onions and cook for 2 minutes. Add the garlic and cook for a further 1 minute being careful not to burn it.
2. Add the carrots, courgette, red pepper and leek and cook until soft, stirring occasionally. Add a little water to prevent sticking.
3. Add the dried herbs and cook for 1 minute.
4. Stir in the tinned tomatoes, black pepper, tomato purée and vegetable stock. Simmer for about 8 minutes.
5. Add some herbs (optional)
6. Transfer to a blender and blend until smooth. If you don't have a blender you could use a potato masher.



**Parent Coffee Afternoon  
Tuesdays**

**1.30pm to 3.00pm**

**Please come and join us.**

## Golden Book

**Congratulations to the following children for their positive attitude and work ethics in school.**

**Week Ending 23/01/2015**

**3G – Molly Ellis**

**3R – Lilly Gifford**

**4D – Jake Taylor**

**4R – Shanade Smith**

**5H – Brayden Stevens**

**5T – Ashleigh Reese**

**6F – Josh Allen**

**Mini School – Mia Beddoes**



## Parent's Maths Course

**The maths course is taking place on Tuesday 3rd February  
9.00am till 11.00am**



## Procedure for school closure

**In the event of school being closed for any reason, we will put it on the school website and advertise it on Radio Shropshire.**

**If we have to close when the children are in school, we will send a text message but also put it on the website and radio.**

**It is important that you keep checking the website at all times for any changes.**