**A picture containing food, plate, indoor, dish

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**Gluten Free Roast Vegetable Spag Bol  
Recipe shared courtesy of Rebecca Kibbler**

**Ingredients**

-3 Courgettes  
-1 Aubergine  
-Baby Corn  
-Asparagus  
-Tinned tomatoes  
-Passata  
-Sliced Tinned Mushrooms  
-1 Can Butter Beans  
-Minced Garlic  
-Onion Salt  
-Sea Salt  
-Caster Sugar  
-2 Fresh Carrots

**METHOD**

Chop the aubergine, courgettes, asparagus and baby corn and place them in a baking trey, drizzle with a small amount of olive oil, cover with silver foil (shiny side in) and roast until soft.

Leave the vegetables to completely cool.

When they are completely cool add the tinned mushrooms.

Finely hand chop the tinned tomatoes and add the passata. This will form the base of your pasta sauce.

Add salt and sugar to your sauce base to taste. Sugar will help to take away the bitterness of the tomatoes.

When your tomato sauce is seasoned to taste add 1 can of butter beans.

Grate 2 fresh carrots into the sauce and add 1 teaspoon of minced garlic and onion salt to taste.

Pour the sauce over your vegetables and combine the elements of your sauce together.

Your sauce can be heated and served immediately or once cold can be kept in the fridge or frozen until required.

**Serve with gluten free spaghetti, or pasta of your choice, rice, potatoes or gluten free couscous! Enjoy!**