



Bucatini with vegetable sugo

5 pieces **big carrots**

1/4 piece **celery**

2 pieces **paprika (rot und gelb)**

1 piece **onion**

1/2 piece **BIO Zucchini**

1 Pckg **sieved tomatos**

2 pieces **smal garlic cloves/powder**

1 EL **omato paste**

pinch **basil**

pinch **oregano**

to spice **salt and pepper**

Preparation:

1

First wash the celery, carrots and zucchini clean.
Peel the celery and carrots and rub them on a fine grater.

2

Now cut the organic zucchini with peel into small fine strips.
Finely chop the onion and the peppers.

3

Heat 3 to 4 tbsp olive oil in a saucepan.
Now add the chopped onion with the pieces of pepper and lightly fry.

4

After approx. 3 minutes, add the amount of grated carrots and celery with the courgette pieces to the pot.



Simmer for about 5 minutes while stirring, so that the carrots lose some juice

5

Now press 2 garlic cloves or Mr. C. has used pure Knoblauchpulver here.
Add the tablespoon of tomato paste well.

6

While stirring constantly, season well with salt and pepper.
Add dried oregano and basil.
Mix everything well.

7

Now on the hot plate, the vegetables amount with a pack of passed tomatoes deglaze.
The whole thing for about 1/4 hour simmer on a light flame.
If necessary, season with salt and pepper.

8

Heat enough water while simmering the sugo in another pot.
Once cooked, add a generous pinch of salt and cook the Bucatini in it.

9

Once the Bucatini al dente are cooked, add a dash of olive oil to the water and stir again.
Strain the noodles and place on the plates.

10

Distribute the hot vegetables on the noodles:
Sprinkle the Parmesan over it and add a butter flake as a topping.
Garnish with rosemary or basil and you're done with your veggie sauce.

Nice trip to Bella Italia.



Lucina's tips:



Especially as suited to bring vegetables to children, as this spaghetti sugo tastes almost as good as that with meat.

Instead of the garlic cloves, you can also take garlic powder and season to your own taste.



Good luck and buon apeteite!

your Lucina Cucina