

PUMPKIN AND SPLIT PEA RAGU

Ingredients

- 2 onions, chopped
- 1 stalk celery, diced small
- 1 cup split peas
- 1 small pumpkin, skin removed and diced small
- 1 400g tin tomatoes
- 2 cups hot water
- 2 tsp veg stock powder
- 1 pinch dry chilli
- 2 tbs tomato paste
- 1 handfull parsley, chopped

Add a little oil to a large pot and heat over medium heat.

Cook onions till starting to brown.

Add celery and split peas and cook for 5 mins while stirring.

Add prepared pumpkin, tomatoes, stock and chilli, cook for 10mins.

Add tomato paste and cook till pumpkin and split peas are tender.

Taste, season with salt and pepper and maybe a tsp of sugar if tomatoes are sour.

Finish the ragù with chopped parsley and serve 1 bowl to each table.