

No-Tomato Sauce



Serves	2 cups
Prep time	45 minutes
Cook time	45 minutes
Total time	1 hours, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Condiment , Ingredient
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot
Occasion	Barbecue

Ingredients

- 1 cup Red Kidney Beans (drained and rinsed)
- 2 Large Pear halves in syrup (approximately 150g)
- 1 cup Water
- 1 teaspoon Citric Acid
- 1/4 cup White sugar
- 1 teaspoon Salt
- 1 stick Celery (trimmed and chopped)
- 4 Spring onions (chopped)
- 3 heaped teaspoons Minced garlic
- 10 Safron threads (soaked in a bit of water)

Optional

- 2 Medium Carrots (peeled and chopped)

Directions

1. Place all the ingredients into a saucepan on low heat. Cover and simmer for 20 to 30 minutes until everything is cooked.
2. Remove from the heat and allow to cool slightly. Then pour into a food processor and blend until very smooth.
3. Return the sauce to the saucepan. If the sauce is a bit thick add some more water. Allow to simmer for 15 minutes.
4. There are 3 options for storing:
 1. Pour into sterilised jars and seal.
 2. Store in the fridge in an airtight container for about 2 weeks.
 3. Pour into bags or containers and store in the freezer.



Note

Low/Moderate Salicylates, Low Amines, Low Glutamates

If moderate salicylates aren't tolerated the carrot can be left out.

This recipe can be scaled up to make in a large batch. Use good quality beans, the sauce can become a bit "beany" when made with cheaper tinned beans. I use Edgell's Red Kidney Beans 750g tin, which makes a triple batch of the recipe. You can also use a mixture of red kidney and other tinned beans, although the "red" colour won't be as dark.

The sauce can be used as a condiment (e.g. on meat), as a dipping sauce (e.g. for spring rolls) or as a stir through pasta sauce (e.g. spaghetti bolognese).

This sauce is a good substitute for home made tomato sauce, which is often made with tomatoes, celery, carrots and sugar (especially after not having tomatoes for a while). It won't taste anything like the "bright red" store bought tomato sauce / ketchup or an italian tomato passata.