

Vegetable Sauce

Prep time 10 minutes
Cook time 30 minutes
Total time 40 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 [Ingredient](#)

Misc [Child Friendly](#), [Freezable](#), [Pre-preparable](#), [Serve Hot](#)

A child-friendly sauce full of vegetables that can be used as a stir-through sauce with rice and pasta or as a base for casseroles, pies, etc.

Ingredients

- 2 Potatoes (peeled and chopped)
- 1 Swede (peeled and chopped)
- 2 Sticks Celery (chopped)
- 1 tin 3 or 4 Bean Mix (drained and rinsed)
- 1 tin Chickpeas (drained and rinsed)
- 1/2 cup Green beans
- 1 cup Red or green cabbage (chopped)
- 1 bunch Chives (chopped)
- 1 Small bunch Parsley (chopped)

If moderate salicylates are tolerated, include: (Optional)

- 2 Carrots (chopped)
- 200g Sweet potato (peeled and chopped)

If moderate glutamates are tolerated, include: (Optional)

- 1/2 cup Peas

Directions

1. Add just enough water to cover the vegetables, then bring to the boil and simmer until the potatoes and swede are tender.
2. Allow to cool then transfer to a food processor and whiz until it is a puree (this usually needs to be done in batches).
3. Store the sauce in one or two cup lots in the freezer.

Note

Low Chemical/Failsafe, Moderate Salicylates, Moderate Glutamates

To make the sauce, prepare any allowed vegetables and place them in a saucepan (any amount or combination can be used), this recipe is what we typically use.

Before using the sauce in any recipe I add either ricotta, cream, evaporated milk or yogurt to vary the flavour and texture. A little water is also used to adjust the consistency. I also sometimes stir through some leek or shallots fried in a bit of oil and some garlic. It makes a very good stir-through sauce for pasta and works well as a simmer sauce for cooking with chicken then mixing with rice. If the sauce tastes a bit bland, sweeten it up with some pear sauce, golden syrup or mashed pear.

A note on yogurt: "Fresh yogurt, natural, plain or vanilla" is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed "Yogurt" as moderate in Amines. The definition of "fresh yogurt" in the 2011 version is not clear. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level of that ingredient will be low. There may, however, be other amine ingredients in the recipe.