

## **Fate Quick Gravy**

### **Ingredients**

2 tablespoons oil

2 small onions

2 medium carrots

2-3 sticks celery

7-8 medium sized mushrooms\*

400g tin tomatoes

800ml water

Salt & pepper to season

Few drops suitable gravy browning

2-3 teaspoons corn flour to thicken

\* may need to count as exchanges

### **Method**

1. Chop all of the vegetables roughly.
2. Heat the oil in a pan until hot and add the vegetables. Cook over a high heat with a lid until browned and softened, stirring occasionally.
3. Add the tin of tomatoes and the water. Season with salt & pepper. Then add a few drops of the gravy browning to give a rice brown colour.
4. Cook for about 15-20 minutes until the vegetables are soft.
5. Liquidise until smooth, return to the pan and bring to the boil.
6. To make onion gravy, fry an extra couple of sliced onions in a little oil in the saucepan until browned and soft. Take them out of the pan and put them into a dish until the above gravy is made. When the gravy is ready, add the onions to the saucepan and stir. Bring to the boil and then simmer for a few minutes until hot.

*This recipe was provided by Fate Low Protein Foods*

*National Centre for Inherited Metabolic Disorders*