

Fate Spicy Vegetable Stew

Ingredients

100g onion

100g carrots

100g mushrooms*

100g peppers (red, green or a mixture)

100g courgettes

1 tablespoon oil

2-3 teaspoons paprika pepper

2 teaspoons dried oregano

400ml tin tomatoes

Salt & pepper to season

Cayenne pepper (optional)

1-2 teaspoons corn flour mixed with a little water

* may need to count as exchanges

Method

1. Chop or thickly slice the onions. Chop the carrots, mushrooms, courgettes and red pepper into medium sized pieces.
2. Heat a pan and add the oil. Put in the vegetables and cook with a lid on for about 5 minutes until they begin to soften. Stir in the paprika and oregano. Cook over a gentle heat for a couple of minutes to cook the paprika.
3. Pour in the tin of tomatoes, breaking them up with a spoon. Season with salt & pepper, and also add cayenne to taste for a little heat. Stir well and bring to the boil. Cook gently for about 30-40 minutes until the flavours develop and the vegetables are tender.

4. If you like stew thickened, just stir in the corn flour mixed with a little water. Simmer for a minute or so until thickened, stirring continually.

This recipe was provided by Fate Low Protein Foods

National Centre for Inherited Metabolic Disorders