

Low FODMAP Green Enchilada Sauce

Ingredients:

- 1 tablespoon olive oil
- 1 small jalapeño, finely chopped (optional, adjust to your heat preference)
- 1 cup chopped green onions (green tops only, white parts are high in FODMAPs)
- 1 cup fresh cilantro (roughly chopped)
- 1-2 cups fresh or canned green chilies (make sure they're not packed with high FODMAP ingredients)
- 1 1/2 cups low-sodium chicken or vegetable broth (make sure it's low FODMAP-friendly)
- 1 tablespoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1 tablespoon fresh lime juice (optional, but adds a nice zing!)
- Salt to taste (start with 1/2 teaspoon and adjust)

Instructions:

1. Heat the olive oil in a medium-sized saucepan over medium heat.
2. Add the jalapeño and green onion tops to the pan, sautéing for about 1-2 minutes until softened (if you like it milder, use less or skip the jalapeño).
3. Add the green chilies, cumin, coriander, oregano, and black pepper. Stir to combine and cook for another minute.
4. Pour in the broth and bring it to a simmer. Let it simmer for 5-10 minutes, stirring occasionally, until the flavors meld together.
5. Blend the sauce using an immersion blender or transfer it to a blender. Blend until smooth. If you prefer a chunkier sauce, blend for less time.
6. Stir in the lime juice (optional) and salt to taste.
7. Simmer for another 5 minutes if you want a thicker consistency.