

Low FODMAP Red Enchilada Sauce:

Ingredients:

- 1/4 cup (60 ml) EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil made with vegetable oil or purchased versions, such as FODY Garlic-Infused Olive Oil
- 1/4 cup (36 g) low FODMAP, gluten-free all-purpose flour, such as Bob Red Mill's 1 to 1 Gluten Free Baking Flour
- 1/2 to 2 teaspoons chilli powder, ground red serrano chillis
- 2 cups (480 ml) Low FODMAP Chicken Stock, either homemade or purchased
- 1, 14.5-ounce (415 g) can diced tomatoes
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon salt

Preparation:

1. Heat the oil in a medium sized pot over medium heat until hot,
2. then whisk in flour and cook, stirring often, for a minute or two to lightly cook the roux, which is the basis for our sauce (you are just removing the raw flour taste).
3. Whisk in chilli powder and cook for 15 to 30 seconds then
4. Slowly whisk in stock, then tomatoes, cumin, oregano and salt until combined.
5. Bring to a simmer over medium heat and cook, stirring often, for about 10 minutes.
6. Set aside.

This makes about 3 cups of sauce;

You might not use all of it for this recipe but it will keep, refrigerated, in a covered container for up to a week.