

Sweet Red Pepper Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 1/4 cups

2 red peppers (capsicums)

6 spring onions

2 cloves garlic

1 sprig rosemary

1 1/4 cups vegetable stock

salt (to taste)

pepper (to taste)

Seed the peppers and chop finely. Trim and slice the spring onions thinly. Crush the garlic and chop the rosemary finely. Put the peppers, spring onions, garlic, rosemary, stock, salt and pepper in a saucepan.

Bring the mixture slowly to a boil. Cover and simmer for 20 minutes until the vegetables are soft, stirring occasionally. Remove the pan from the heat and set aside to cool.

Once cool, puree the sauce in a blender or food processor until smooth. Return the sauce to a saucepan.

Reheat gently and adjust the seasoning before serving. Serve hot or cold with vegetable dishes such as a vegetable terrine.

The peppers (capsicums) may be peeled if wished. Place under a hot grill and cook for 8 to 10 minutes, turning frequently. Rub the skins off under cold water.

Per Serving (excluding unknown items): 252 Calories; 5g Fat (18.7% calories from fat); 10g Protein; 44g Carbohydrate; 8g Dietary Fiber; 3mg Cholesterol; 2050mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	252	Vitamin B6 (mg):	.2mg
% Calories from Fat:	18.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	84mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
			0mg

Monounsaturated Fat (g): 1g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 3mg
 Carbohydrate (g): 44g
 Dietary Fiber (g): 8g
 Protein (g): 10g
 Sodium (mg): 2050mg
 Potassium (mg): 787mg
 Calcium (mg): 161mg
 Iron (mg): 5mg
 Zinc (mg): 2mg
 Vitamin C (mg): 27mg
 Vitamin A (i.u.): 5699IU
 Vitamin A (r.e.): 571 1/2RE

Caffeine (mg):
 Alcohol (kcal): 0
 % Refuse: 0%

Food Exchanges

Grain (Starch): 2 1/2
 Lean Meat: 0
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 252 Calories from Fat: 47

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	7%
Cholesterol	3mg	1%
Sodium	2050mg	85%
Total Carbohydrates	44g	15%
Dietary Fiber	8g	31%
Protein	10g	
Vitamin A		114%
Vitamin C		44%
Calcium		16%
Iron		27%

* Percent Daily Values are based on a 2000 calorie diet.