

Recipe makes
8 servings

Prep time
15 minutes

Cook time
40 minutes

NUTRITION INFO PER SERVING

(1/8 recipe)

Calories 130

Protein 5 g

Phenylalanine 148 mg



INGREDIENTS

2 medium-sized onions, chopped
2 cloves garlic, chopped
2 red chili peppers, chopped
2 medium-sized red peppers, chopped
2 medium-sized green peppers, chopped
10 stalks celery, chopped
2 Tbsp (30 ml) vegetable oil
3 cups white mushrooms, raw, sliced
2/3 cup tomato puree
1 – 28 oz can diced tomatoes
1 Tbsp cumin
1 tsp cocoa powder
8 fl oz (240 ml) vegetable stock
6 fl oz (180 ml) water
1 tsp salt

DIRECTIONS

- 1** In a large pot sauté the onion, garlic, peppers, and celery in the vegetable oil.
- 2** Add the mushrooms and cook for 5–8 minutes; spoon in the tomato puree and cook for an additional 10 minutes.
- 3** Add the diced tomatoes, spices, stock, and water; then bring to a boil. Turn down heat to a simmer and cook for at least 20 minutes.
- 4** Season further to taste.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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