

## **MUNG BEAN CREAMY PASTA SAUCE**

Gluten Free Dairy Free Low Chemical

Makes 4 cups

### **Ingredients:**

3 cups water

1 cup dried mung beans

1 medium swede

1 large (~240g) soft, peeled pear  
(or 3 canned in syrup)

70g or 2 large sticks of celery, chopped

6 shallots, chopped

80g (1/3) cup brown sugar

1 ½ tsp citric acid

1 tsp salt

3 cloves garlic, crushed/minced

Pasta of your choice...boil up enough for 4 people



### **Method:**

- Place the mung beans and water into a saucepan, cover and simmer on a low heat for 20 minutes
- Meanwhile, peel and dice the swede into small cubes
- Peel, de-core and cut the pear into chunks
- Chop the celery and shallot
- After the mung beans have cooked for 20 minutes add all the rest of the ingredients into the saucepan, place on the lid and simmer a further 25 minutes
- Remove from the heat and allow mixture to cool, before blending
- Pour mixture into a food processor and blend until its smooth

In an air tight container, it will last in the fridge for approximately 2 weeks

Can be frozen

### **Uses:**

Increase or decrease the water content for different uses

**Dip:** have the mixture fairly solid

Serve with green beans, celery or rice crackers

**Sauce:** increase the water to make the sauce the consistency required for the dish you are making.

- In the picture above this recipe was stirred through hot, drained pasta
- Chicken, white fish or vegetables could also be added to the pasta dish