

LOW CARB KETCHUP

INGREDIENTS

- 1 tbsp. olive oil
- 1 pressed garlic clove
- 2 tbsp. tomato paste
- 1/3 cup white vinegar
- 1 tsp. salt
- 1 bay leaf
- 1 tsp. paprika powder
- 1 tsp. coriander seed
- 1/2 tsp. cloves
- 1/2 tsp. ground black pepper
- 1 pinch cayenne pepper
- 14 oz. canned whole tomatoes
- Approved mayo

PREPARATION

1. Fry garlic and tomato paste in oil for a couple of minutes over medium heat in a nonstick saucepan.
2. Add vinegar, bay leaves, spices and canned tomatoes. Stir and simmer for a couple of more minutes.
3. Lower the heat and simmer over low heat for 20 minutes. Remove the bay leaves.
4. Puree the ketchup with an immersion blender or blend in a mixer until smooth.
5. Taste and adjust flavor as needed by adding salt, black pepper or vinegar as needed.
6. Let simmer longer over low heat for a thicker consistency.
7. Store in the fridge for 1-2 weeks. Enjoy!

