

Spicy Tomato Sauce

Makes about 2 cups

1 28 oz can tomato puree
1/2 cup white vinegar
1/2 tsp salt (celery salt if you have it)
1/2 tsp whole cloves
1/4 tsp cayenne pepper
1/2 onion finely chopped
1 inch piece cinnamon stick, broken
2 Tbl Xylitol



Add tomatoes, onion, cayenne & sweetener to a small saucepan and bring to boil. Reduce heat to a simmer until it thickens slightly (about half an hour)--stir occasionally. In another small saucepan, vinegar, cinnamon, cloves and salt.

Bring to boil, remove from heat, and strain out solids. Add strained vinegar and salt to tomato mixture. Simmer for 20 - 30 minutes or until ketchup is desired consistency. I ran mine through a blender to get it nice and smooth after it cooled which you can do if you like a really smooth ketchup. Store in a clean glass jar for up to a month in the fridge.

Approximate nutrition information per tablespoon: 10 calories, 0g fat, 1.7g net carbs, 0g protein