

# TOMATO SAUCE (KETCHUP)



PREPARATION TIME: 20 MINS  
COOKING TIME: 1 HOUR  
MAKES: 1 LITRE

## INGREDIENTS

2 brown onions, roughly chopped  
6-8 cloves garlic, chopped  
50g olive oil  
800g tomatoes, halved  
200g tomato paste or sun-dried tomatoes  
80g apple cider vinegar  
100g tamari or gluten free soy sauce  
100g rapadura or coconut sugar or chopped dates  
¼ tsp ground allspice  
¼ tsp ground cinnamon  
¼ tsp ground cloves  
¼ tsp ground ginger

## PREPARATION

- \* Weigh and measure out all the above ingredients. All the dry spices can be mixed together before cooking.
- \* Ensure you use a large enough pot that will hold all the tomatoes and that you have a lid for the pot.

## METHOD

1. With a high heat, sauté the onions and garlic for about 5 minutes or until the onions are transparent.
2. Add all the ground spices, stirring well.
3. Add the tomato paste/sun-dried tomatoes.
4. Turn down the heat to medium.
5. Add the halved tomatoes, stirring well and cook for about 5 minutes or until the tomatoes start to become soft.
6. Add the apple cider vinegar, tamari or gluten free soy sauce, the dates, Rapadura or coconut sugar and combine well.
7. Turn the heat down to simmer and cook the mixture on a slow heat for about 45 minutes to 1 hour. Stir occasionally as you don't want the mixture to stick on the bottom of the pot or burn.
8. Cool the mixture slightly and then liquidize in a blender.
9. Strain the mixture through a sieve for a smooth sauce.

## STORAGE

Ensure you use a sterilized jar/bottle (*see tips for sterilizing here*) when storing the tomato sauce and keep it in the fridge when not in use. It's a really healthy tomato sauce to have handy in the kitchen for all times.

## NOTE

The sauce won't be as red as the store bought tomato sauce so don't be alarmed.

*For source, click here*