



KETO TOMATO KETCHUP

INGREDIENTS

- 4 Tomatoes (400 gm)
- 1 very small onion
- 1/2 inch Ginger
- 3 cloves of Garlic
- 3 tsp butter
- 1 1/4 tsp salt
- 1 tsp black pepper
- 1 Red chili
- 2 Green Chillies
- 2 tbsp vinegar
- 4 drops of stevia

SERVINGS: 12

PREP TIME: 2 MINS

COOK TIME: 30 MINS

DIRECTIONS

- Cut the tomatoes and onion into small pieces
- Blend all the ingredients together in a mixer for a minute (except butter) until the tomatoes get fully smashed up..
- Take a medium-sized pan and put it to sim.
- Add the butter and allow it to melt completely.
- Pour the ingredients into the pan and bring it to a boil while at the sim.
- Every 2 minutes give it a stir.
- Let it thicken to the consistency you want your keto ketchup to be.