

Sauces

Sun-Dried Tomato Ketchup

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1/2 cup sun-dried tomatoes

2 tablespoons cider vinegar

1 tablespoon brown sugar

1/4 teaspoon cayenne pepper

1/4 teaspoon ground ginger

1/4 cup water

Puree', until smooth, the sun-dried tomatoes with one tablespoon of the oil from the jar, the cider vinegar, brown sugar, cayenne, ginger and water.

Per Serving (excluding unknown items): 106 Calories; 1g Fat (6.2% calories from fat); 4g Protein; 25g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 530mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.