

BANANA KETCHUP



Ingredients:

2	Medium	Bananas, very ripe
1	6 oz. can	Tomato Paste
1/3	Cup	Apple Cider Vinegar
4	Tablespoons	Brown Sugar (packed)
1	Tablespoon	Vegetable Oil (I use corn oil)
1	Tablespoon	Fresh Ginger, grated
1	Teaspoon	Granulated Onion (or Onion Powder)
1/2	Teaspoon	Granulated Garlic (or Garlic Powder)
1/8	Teaspoon	Cayenne Pepper
1/2	Teaspoon	Salt
1/4	Teaspoon	Ground Allspice
1/4	Teaspoon	Turmeric
1/2	Cup	Water

Directions:

1. In a medium sauce pan, mash the bananas until only small chunks remain. Add the the remaining ingredients and whisk until fairly smooth. To make it completely smooth, use an immersion blender.
2. Place over medium-low heat and simmer, whisking frequently, until thickened...about 6 – 8 minutes.