

Nomato Sauces

Tomato-Free Ketchup

Ingredients:

- 1 (16 ounce) can jellied cranberry sauce
- 1 (16 ounce) can pear halves in natural juice, drained
- 1 (16 ounce) can sliced carrots, drained
- 1/2 cup white vinegar
- 1/4 cup granulated sugar
- 1/4 cup white corn syrup (Karo)
- 4 teaspoons salt
- 1 teaspoon onion powder
- 1/4 teaspoon allspice
- 1/8 teaspoon ground cloves



Directions:

Process all ingredients in a blender until smooth, about 30 seconds.
Store in refrigerator.

Tomato-Free BBQ Sauce

Ingredients:

- 2 cups tomato-free ketchup
- 2 Tbsp red wine vinegar
- 2 Tbsp GF soy sauce or coconut aminos
- 1 Tbsp brown sugar
- 1/8 tsp black pepper



Preparation:

Combine all ingredients in a sauce pan. Bring to boil, stirring constantly. Reduce heat and simmer 10 minutes, stirring occasionally.

Yield: 2 cups