



Aussie Tomato Sauce

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Medium mixing bowl
- Can opener
- Rubber spatula
- Measuring spoons
- Whisk

Ingredients

Aussie Tomato Sauce

- 1 4-oz can tomato paste ****(for NIGHTSHADE ALLERGY sub 1/2 C pumpkin purée)****
- 3 T water
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1 tsp granulated sugar/brown sugar/molasses
- 1 tsp apple cider vinegar

Food Allergen Substitutions

Aussie Tomato Sauce

Nightshade: For 1 4-oz can tomato paste, substitute 1/2 C pumpkin purée.

Instructions

Aussie Tomato Sauce

intro

Tomato sauce or ketchup? Depending on where you are from in the world, these two words are interchangeable. What people would call "ketchup" in the United States, Australians call "tomato sauce."

measure + whisk

Open **1 can of tomato paste** and scoop it all out into a medium mixing bowl. From here, ketchup can take on any variation of spices and flavors. For this recipe, you will measure **3 tablespoons water, 1/2 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon garlic powder, 1 teaspoon sugar,** and **1 teaspoon apple cider vinegar** and add them to your tomato paste. Whisk to combine.

serve

That's it! Taste the tomato sauce to make sure the flavor is to your liking. Then, serve this tasty homemade condiment staple alongside **Australian Eggy "Slice"**!