

## **Balsamic Ketchup**

Steven Raichlen

Cooking Light Magazine - July 2012

**Servings: 16**

**Preparation Time: 10 minutes**

**Start to Finish Time: 3 hours 10 minutes**

*Refrigerate extra ketchup in an airtight container for up to a week.*

**1 tablespoon extra-virgin olive oil**

**3/8 teaspoon Kosher salt, divided**

**2 pounds small tomatoes, quartered**

**3 tablespoons fresh basil, chopped**

**2 tablespoons balsamic vinegar**

**1/2 teaspoon sugar**

**1/4 teaspoon ground red pepper**

Preheat the oven to 325 degrees.

In a large bowl, combine the oil, 1/4 teaspoon of salt and the tomatoes. Toss gently to coat.

Arrange the tomatoes, skin side down, on a wire rack set inside a jelly-roll pan.

Bake for 3 hours. Cool slightly. Peel. Discard the peels.

Combine the tomatoes, remaining 1/8 teaspoon of salt, basil, vinegar, sugar and red pepper in a food processor. Process until smooth.

Yield: 16 tablespoons

---

Per Serving (excluding unknown items): 8 Calories; 1g Fat (86.9% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.