

Caribbean Ketchup

50 Gift Ideas
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Yield: 2 cups

1 shallot, chopped
1 pickled jalapeno
vegetable oil
2 sliced bananas
1 can (6 ounce) tomato
paste
1 cup water
1/2 cup brown sugar
1/4 cup cider vinegar
1 tablespoon rum
1 tablespoon
Worcestershire sauce
salt
pepper

In a skillet over medium heat, saute' the shallot and jalapeno in vegetable oil until softened.

Add the bananas and tomato paste. Cook until slightly browned, 5 minutes.

Add the water, brown sugar, cider vinegar, rum and Worcestershire sauce. Simmer until thickened, 20 minutes. Let cool.

Puree' until smooth. Season to taste with salt and pepper.

Refrigerate for up to two weeks.

Per Serving (excluding unknown items): 659 Calories; 2g Fat (2.6% calories from fat); 8g Protein; 159g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 1262mg Sodium. Exchanges: 5 1/2 Vegetable; 3 1/2 Fruit; 0 Fat; 5 Other Carbohydrates.