

Curry Ketchup

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1/4 cup onion, minced
1 tablespoon butter
1 teaspoon curry powder
1 teaspoon paprika
pinch cayenne pepper
1 cup ketchup
1/2 cup water

In a small saucepan, saute' the onion in butter until soft, about 3 minutes.

Add curry powder, paprika and cayenne; cook until toasted, about 1 minute.

Add ketchup and water. Simmer until thick, about 25 minutes.

Per Serving (excluding unknown items): 380 Calories; 13g Fat (27.7% calories from fat); 5g Protein; 71g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 2970mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 4 1/2 Other Carbohydrates.