

Healthied-Up Taco Sauce

Commercially prepared taco sauce contains things like maltodextrin and monosodium glutamate, just to name two, both of which I try to avoid if all possible when it comes to preparing food for the ones I love. This Healthied-Up Taco Sauce has all of the flavour but none of the chemicals!

Ingredients:

1 c. no salt added, organic tomato sauce (as long as only tomatoes and water are listed on the can, you're good to go!)

¼ c. water

¼ tsp chilli powder

1 tsp. cumin

1 Tbsp. onion, finely chopped

1 Tbsp vinegar

½ tsp garlic powder

¼ tsp salt

¼ tsp paprika

¼ tsp sugar

¼ tsp ground black pepper

Add all ingredients together in a blender and blend until smooth. Pour into a saucepan and cook for 10-15 minutes. Remove from heat and pour into an airtight container. This taco sauce is best made the day before so that all the seasonings have time to come together but this isn't essential. It also freezes well for future use.