

Low-Carb Curry Simmer Sauce

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving, 1/4 cup/ 60 ml): Total carbs: 4.3 g, Fiber: 1.4 g,

Net carbs: 2.9 g, Protein: 1.4 g, Fat: 10.6 g, Calories: 112 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes about 2 1/2 cups/ 600 ml)

- 2 tbsp virgin coconut oil or ghee (30 ml)
- 1 medium brown onion, diced (110 g/ 3.9 oz)
- 3 garlic cloves, minced or 1/2 tsp garlic powder
- 1/2 tsp cumin seeds
- 1/2 tsp chilli flakes, or to taste
- 1 tbsp curry powder
- 200 ml tomato passata or canned tomatoes (6.8 fl oz)
- 200 ml coconut cream (6.8 fl oz)
- 150 ml vegetable or chicken stock (160 ml/ 5.1 fl oz)
- 1 tsp sea salt, or to taste

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Instructions

1. Heat a large saucepan or skillet over medium heat and add the oil. Add the onion and cook, stirring occasionally, around 5 minutes.
2. Add the garlic, chilli and cumin seeds, and cook a further 3-4 minutes until the onions are translucent.
3. Add the curry powder and stir to coat.
4. Add the tomatoes, coconut cream and stock and reduce to a simmer. Simmer for 10 minutes. Taste, and add salt if required. Remove from heat and allow to cool.
5. Once cooled, pour into a blender and process until smooth.
6. Store in a sealed container in the fridge up to 5 days, or in the freezer up to 3 months.

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