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

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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