



Recipes

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Banana Ketchup

Prep Time: 5 Minutes

Cooking Time: 35 Minutes

Serves 1

Ingredients:

Vegetable Oil , as needed

2 1/4 cups Onion , yellow , diced

2 Tbsp. Garlic , minced

2 each Serrano Peppers , small , sliced

2 oz. Tomato Paste

4 each Bananas , very ripe , peel , quartered

8 1/2 oz. Apple Cider Vinegar

1/2 cup Water

1 tsp. Black Pepper

1/4 tsp. Ground Clove

Salt , to taste

2 Tbsp. plus 1 tsp. Honey

2 Tbsp. plus 1 tsp. Rum

Directions:

1. Over medium high heat, in a hot pan with olive oil, sauté onion for 5-7 minutes or until soft. Add the garlic and serrano pepper and cook an additional 2-3 minutes. Stir in tomato paste and cook 1-2 minutes.

2. Add remaining ingredients and bring to a boil. Simmer for 20-30 minutes, or until thick, like ketchup, then transfer mixture to a food processor and blend until smooth.