

**Sauces, Dressings & Dips**  
**Moroccan Tomato Sauce**  
Yield: about 2 cups  
Inspired by Ron Marshall, chef

Extract from:  
[www.paleo-harvest.com](http://www.paleo-harvest.com)

This versatile and quickly-prepared sauce brings the exotic flavors of the mysterious orient to spice up a variety of dishes. Can also be used instead of Ketchup, or to replace the marinara sauces in the different recipe dishes of this cookbook.

1 tablespoon olive oil  
2 medium white onions (about 9 ounces), thinly sliced  
3 cloves garlic, crushed  
2 cans, 14 ounces each, chopped tomatoes  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground cinnamon  
1 1/2 tablespoons xylitol, or to taste  
freshly ground black pepper, to taste

1. Heat the oil in a medium-size frying pan and sauté the onion until soft and translucent, but not brown. Mix in the garlic and sauté for 2 minutes.
2. Stir in the chopped tomatoes.
3. Season with the cumin, coriander and cinnamon.
4. Cook uncovered over medium heat, stirring frequently.
5. When most of the liquid has evaporated (after about 25 minutes), reduce the heat. Season with xylitol to taste.
6. Simmer, uncovered, stirring frequently, until the tomatoes start to stick to the pan (the entire cooking time may take up to approximately 40 minutes). Season with pepper to taste.