

Tomato Sauce for Omurice

(Makes about 1/3 cup – enough for 2 servings)



- 2 T tomato paste
- 1.5 T water (adjust for consistency)
- 1 tsp apple cider vinegar (or rice vinegar for a softer flavor)
- ½ tsp Kevala coconut aminos
- ½ tsp Worcestershire sauce (optional, adds depth)
- ½ tsp honey or maple syrup (or less, to taste)
- ¼ tsp onion powder
- Pinch of garlic powder
- Tiny pinch of cinnamon (optional — gives a ketchup-like warmth)
- Black pepper, to taste
- Salt, only if needed

1. Mix everything together in a small bowl.
2. Taste and adjust:
 - For more tang: a few extra drops of vinegar.
 - For more sweetness: add honey 1/4 tsp at a time.
 - For more umami: a few more drops of soy sauce or a dab of miso.
3. If you want a smoother texture, warm it briefly and stir — the paste dissolves more fully when warm.

Per 1 Tablespoon (15 ml or so):

- **Calories:** 20
- **Carbohydrates:** 4.5 g
 - **Sugars:** 3.3 g
- **Protein:** 0.8 g
- **Fat:** 0.08 g

Per 1 Tablespoon (no honey or sweeteners)):

- **Calories:** 18
- **Carbohydrates:** 4.0 g
 - **Sugars:** 2.7 g
- **Protein:** 0.8 g
- **Fat:** 0.08 g



Notes:

- **Tomato paste** is great here because it's concentrated and doesn't contain much (if any) added sugar.
- If you prefer totally sugar-free, skip the honey/maple and add a few drops of grated apple juice or a tiny dab of mashed cooked onion or puréed carrot.
- You could also stir in a few drops of **Japanese tonkatsu sauce** (if you happen to have a low-sugar kind), but it's optional.



Refrigerator Shelf Life:

- **3 to 5 days** in an airtight container (like a small glass jar or snap-lid condiment cup).
- If you want to keep it longer, make sure:
 - It wasn't contaminated (no dipping spoons after tasting).
 - You heat it briefly to a simmer first, then cool and store — that'll help extend it closer to **7 days**.



Freezing Option (if you ever make a double batch):

- Spoon into small ice cube trays or silicone molds.
- Once frozen, transfer to a zip bag — good for **up to 3 months**.
- Thaws in seconds in the microwave or in a hot spoon over your omurice 😊