

Low-Carb Tomato Base

Ingredients:

2 Tbsp beef tallow or bacon fat
2 cloves garlic, finely minced (optional)
400g (14 oz) pure strained tomatoes (100% tomato, no added sugar)
¼ cup beef bone broth (or water for a lighter version)
2 Tbsp tomato paste
½ tsp salt, or to taste
½ tsp black pepper
½ tsp smoked paprika (optional for a smoky depth)
¼ tsp chili flakes (optional for a bit of heat)
1–2 tsp dried herbs (like oregano or thyme) (optional)
2 Tbsp finely grated Parmesan or a spoon of Zerokrums to thicken (optional)

Method:

1. In a medium saucepan, heat the tallow over medium heat.
2. Add garlic (if using) and cook for about 30 seconds, just until fragrant.
3. Stir in the strained tomatoes, bone broth, and tomato paste.
4. Add salt, pepper, and any optional herbs or spices. Simmer on low for 15–20 minutes, stirring occasionally, until thickened.

Optional: Stir in Parmesan or Zerokrums at the end to boost flavour and texture.

