

# Caribbean Jerk Sauce



**Yield: 16 servings**

## Ingredients

- 1 scotch bonnet pepper  
(seeds removed) (or habanero)
- ½ cup tomato paste
- ¼ cup chopped onion
- 3 tablespoons apple cider vinegar
- 3 tablespoons maple syrup
- 2 tablespoons soy sauce,  
low sodium
- 1 teaspoon fresh ginger
- 1 teaspoon dried thyme
- 1 teaspoon ground allspice

## Instructions

1. In a small blender, puree all the ingredients until a smooth sauce forms.

## Nutrition Information

**Serving Size:** 1 tablespoon

Calories: 19  
Total Fat: 0 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 0 g  
Polyunsaturated Fat: 0 g  
Sodium: 146 mg  
Total Carbohydrate: 4.6 g  
Dietary Fiber: 0.5 g  
Sugars: 3.4 g  
Protein: 0.6 g

Source: Vincent McIntosh, Irie Kitchen



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