



## Homemade Enchilada Sauce

This Gluten free enchilada sauce is so quick to make and is a wonderful low carb option for Mexican night!

### Ingredients:

- 2 tablespoons margarine
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons onion powder
- 1 teaspoon stevia or Splenda
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1/8 teaspoon ground cinnamon
- One 15oz can tomato sauce (This equals 1 ¾ cup)

### Directions:

1. Melt the margarine in a small saucepan over medium heat.
2. Add in the garlic and remaining spices and cook, stirring often, 1-2 minutes until fragrant.
3. Add the tomato sauce and cook, stirring occasionally, over medium heat for 3 minutes to heat through. (If sauce is thicker than desired, it can be thinned out with some chicken stock.)
4. Store in an air-tight container in the refrigerator for up to 1 week.

Note: ½ cup is equal to ½ cup of tomatoes (a restricted vegetable).