

# Cajun Spice Sauce



Cajun spiced sauce can be used on any meat, fish or in recipes of beans and rice.

**Preparation time: 10 minutes**

## Ingredients

one 15 oz. can no-salt diced tomatoes  
a couple of dashes of Tabasco sauce  
1 T. paprika  
1/4 tsp. dried thyme  
1/4 tsp. white pepper  
1/4 tsp. black pepper  
1/4 tsp. cayenne pepper  
1/2 tsp. dried oregano

## Instructions

Place one 15 oz. can no-salt, diced tomatoes and Tabasco in large saucepan. Add spices.

Cook over medium-low heat 5-minutes. (If it starts to get too thick, add 1/4 C. water or vegetable broth.)

The rest of the formula for the Cajun flavor profile requires green bell peppers, celery, onion and garlic.

