

Homemade Ketchup

Makes approximately 10 ounces

This quick and easy recipe is a great way to help reduce your refined sugar intake.

Ingredients

1 (6 ounce) can tomato paste
1/2 cup water or broth
2 tablespoons apple cider vinegar
1 teaspoon honey
½ Tablespoon onion powder
½ Tablespoon garlic powder
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice
Pinch cayenne
Sea salt and freshly ground black pepper



Directions

1. Place everything in a medium saucepan, mix well and cook over low heat, stirring occasionally, for 10-15 minutes.
2. Season to taste with salt and pepper. Store in refrigerator, covered, for up to 1 month.

Note: If you like your ketchup a little thinner simply add a little more water.

Nutrition Facts per Tablespoon: 10 calories, 0g fat, 65mg sodium, 2g carbohydrates (1g sugar), 0g protein



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