

Ketchup

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Ingredients:

2 cans (6 oz) tomato paste
1/3 c apple cider vinegar
1/2 c water
3 tbsp raw honey or maple syrup
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/8 tsp ground all spice
1/8 tsp ground cloves
1/8 tsp black pepper

Preparation:

Mix all ingredients thoroughly in a sauce pan and bring to a boil on medium-high heat. Reduce heat to medium-low and simmer while stirring frequently until flavours have blended. (Add more water for thinner ketchup, add less water for thicker.) Transfer to a glass jar and cool before serving.