

homemade ketchup

MAKES ~10 ounces

COOK TIME: 5 minutes

1 can (6 ounces) tomato paste
½ cup water or broth
2 Tbsp apple cider vinegar
1 tsp honey
½ Tbsp onion powder
½ Tbsp garlic powder
½ tsp ground cinnamon
⅛ tsp ground cloves
⅛ tsp ground allspice
Pinch of cayenne
Sea salt and ground black pepper, to taste

If you like your ketchup a little thinner simply add more water or broth.



PLACE everything in a medium saucepan.

MIX well and cook over low heat, stirring occasionally, for 10-15 minutes.

SEASON to taste with salt and pepper.

STORE in fridge, covered, for up to 1 month.