

# Homemade Tomato Ketchup



## TIPS:

1. The homemade tomato ketchup you see here uses very little sugar. For comparison's sake, I use only 1 tablespoon (3 teaspoons) of sugar to make 16 ounces (2 cups) of tomato ketchup. Store bought ketchups, as noted in the nutrition labels below, use about 11 tablespoons (33 teaspoons) of sugar to make that same 16 ounces of ketchup. (Note also that serving size on those ketchup nutrition labels is 1 tablespoon. 16 ounces = 32 tablespoons.)



2. Aside from sugar content, the biggest difference between store-bought and homemade tomato ketchup is knowing exactly what goes into that ketchup when you make it yourself - and then adjusting the flavor to suit your own taste - or improvising with only ingredients you have on hand. Regarding taste, I'm a big fan of ground clove in ketchup. If the flavor of cloves doesn't appeal to you, fine. Just switch out ground cloves with more cinnamon or any other "sweet" spice you like. Regarding ingredients on hand, I didn't have onion powder when I first made this, which many homemade ketchup recipes call for, so instead, I doubled up on garlic powder. Easy to do and no sacrifice in flavor.

**Preparation Time:** about 5 minutes + 20 minutes cooking time

## Ingredients

**1 14.5 Ounce Can Crushed Tomatoes**

**1 6 Ounce Can Tomato Paste**

**1/3 Cup Apple Cider Vinegar**

**1 Tablespoon Sugar**

**1 Teaspoon Garlic Powder**

**1/4 Teaspoon Clove Powder**

**Dash Ground Cinnamon**

**1/4 Teaspoon Ground Black Pepper (or more to taste)**



## Equipment

Medium Sized Pot

Can Opener

Large Spoon

Tablespoon

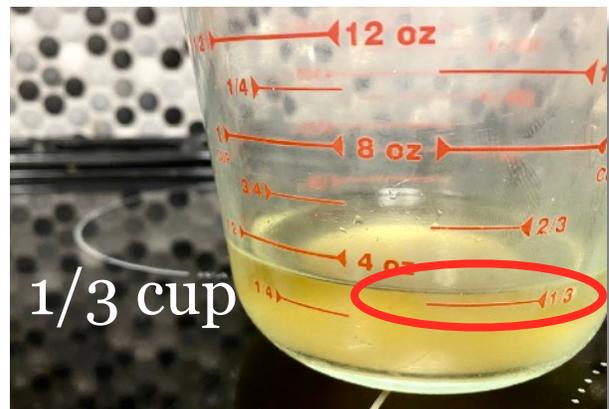
Teaspoon

Measuring Cup

16 Ounce Container with Lid (to store finished tomato ketchup)



1. Measure **1/3 cup apple cider vinegar** and...



...open both the **can of tomato paste** and **can of crushed tomatoes**.



2. Add the following to a medium sized pot: **1/3 cup apple cider vinegar, 1 tablespoon sugar,...**



...**1 teaspoon garlic powder, 1/4 teaspoon clove powder,...**



**...dash ground cinnamon, can of tomato paste,...**



**...can of crushed tomatoes and good crunch (about 1/4 teaspoon) ground black pepper.**



3. Turn on the stove to medium low heat and stir **all the ingredients** together.



Stir occasionally for 1-2 minutes once the **ketchup** starts to bubble to prevent splattering. Then...



...turn off the stove, and move the pot to a cold burner for the **ketchup** to cool.



4. When the **ketchup** has cooled to room temperature, pour it into a container and store in the refrigerator for a least 2 weeks.



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