

# Homemade Ketchup

**Yield: 1 cup = 16 tablespoons**

## Ingredients

¾ cup tomato paste; 7 ounces  
2 tablespoons apple cider vinegar  
½ teaspoon kosher salt  
½ teaspoon garlic powder  
½ teaspoon onion powder  
¼ teaspoon allspice  
½ tablespoon black-strap  
molasses  
⅞ teaspoon cayenne pepper  
⅔ cup water

## Instructions

1. Gather all ingredients and equipment.
2. Add tomato paste, vinegar, garlic powder, onion powder, molasses, salt, and spices to blender or food processor.
3. Add water and blend on high for 2 to 3 minutes.
4. Put in airtight quart jar and leave in fridge to let flavors meld overnight (or at least two hours).

## Nutrition Information

**Serving Size: 1 tablespoon**

Calories: 14  
Total Fat: 0 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 0 g  
Sodium: 80.6 mg  
Total Carbohydrate: 2.8 g  
Dietary Fiber: 0.4 g  
Sugars: 2.4 g  
Protein: 0.8 g

Source: Spectrum Health Culinary Medicine  
and GRCC SICE



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