

LOW CARB KETCHUP



Ingredients

- 16oz can of tomato paste
- ½ cup water
- ¼ cup vinegar
- ¼ tsp onion powder
- 1 tsp sea salt
- 1/8 tsp ground allspice
- 1/8 tsp ground cloves
- 1/8 tsp cinnamon
- 1/8 tsp garlic powder
- Sugar to taste (I used about 1Tbs but will probably use less next time)

Directions

1. Mix all ingredients well.
2. Heat if desired. No cooking is required although warming it for a bit will let the flavors meld better to get more of a “ketchup taste”.
3. Store in a sealed container. Keeps for at least 1 week.

Makes 1+ cup of ketchup, and is best fresh.