

My Sugar Free Homemade Ketchup

7 ingredients · 30 minutes · 24 servings



Directions

1. Combine all ingredients in a large saucepan over medium heat. Lower the heat and simmer for 30 minutes.
2. Blitz in a food processor if necessary
3. Let cool and transfer to an airtight container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight glass container for up to two weeks, or freeze in an ice cube tray in individual portions for up to two months.

Serving Size

Each serving is approximately two tablespoons.

More Flavour

Add chilli powder and a pinch of ground mustard.

No Apple Cider Vinegar

Use wine vinegar

Ingredients

3 cups Crushed Tomatoes (2 400g cans)

1/4 cup Water

2 tbsps Maple Syrup (2tbs)

1 1/2 tbsps Apple Cider Vinegar

1/2 tsp Onion Powder

1/2 tsp Garlic Powder

1/2 tsp Sea Salt