

# Food Babe's Homemade Ketchup



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	15 mins	20 mins	4

<https://foodbabe.com/sweet-potato-tater-tots-with-homemade-ketchup-five-ingredient-guacamole>

## Ingredients:

- 11 ounces tomato paste
- ½ cup yellow onion, diced
- ¼ cup apple cider vinegar
- ¼ cup raw honey (get local if possible)
- ¼ teaspoon ground allspice
- 1 pinch cayenne pepper
- ½ teaspoon sea salt, to taste
- 1 tablespoon apple cider vinegar

## Instructions:

1. Place all of the ingredients in a pot over medium heat. Bring to a boil and simmer until desired thickness is reached, 10-15 minutes.
2. Take the ketchup off the stove and carefully puree in a blender until smooth.
3. Store in the refrigerator for up to 1 week.

## Notes:

- Please use organic ingredients if possible