

# Easy Homemade Ketchup Recipe

**prep:** 5 mins | **inactive:** 2 hours | **total:** 2 hours, 5 mins

**author:** katie wells

**yield:** 4 cups

A natural and simple homemade ketchup recipe that kids love.



## Ingredients

- 1 tsp chia seeds for thickening (optional)
- 3 (6 oz) cans/jars of organic tomato paste
- ½ cup white vinegar or apple cider vinegar
- 1 tsp garlic powder
- 1 TBSP onion powder
- 2 TBSP honey or cane sugar, or about ½ tsp stevia powder/tincture
- 2 TBSP molasses
- 1 tsp sea salt
- 1 tsp mustard powder
- a pinch each of cinnamon, cloves, allspice, cayenne
- 1 cup water

## Instructions

1. Grind chia seeds in a blender or food processor on high speed for 30 seconds or until finely powdered.
2. Add all remaining ingredients to blender or food processor and blend on high for 2 to 3 minutes.
3. Put in an airtight quart jar and refrigerate 2 hours or overnight to let flavors meld.
4. Store in the refrigerator and use as you would regular ketchup.

## Notes

Can be stored in the refrigerator for at least 1 month.

**courses:** condiment

**cuisine:** american

**Nutrition Facts**

Serving Size 2 TBSP

Amount Per Serving

**Calories** 25

|                                  | % Daily Value |
|----------------------------------|---------------|
| <b>Total Fat</b> 0.2 g           | 0%            |
| <b>Sodium</b> 85 mg              | 4%            |
| <b>Total Carbohydrates</b> 5.7 g | 2%            |
| Dietary Fiber 0.9 g              | 4%            |
| Sugars 4 g                       |               |
| <b>Protein</b> 0.9 g             | 2%            |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe by Wellness Mama® at <https://wellnessmama.com/4999/homemade-ketchup/>