

# Easy Ketchup

## Ingredients

- 7 oz (approx.  $\frac{3}{4}$  c.) tomato paste, Bionaturae brand, no salt added (Available at New Seasons Market)
- 2 T. lemon juice
- 2 T. honey
- $\frac{1}{2}$  t. garlic powder
- $\frac{1}{2}$  t. onion powder
- $\frac{3}{4}$  t. salt
- $\frac{2}{3}$  c. water

## Instructions

1. Combine all ingredients in a small bowl.
2. Whisk together and chill.

### *\*Cook's Tips:*

- *Ketchup keeps for 1 week in the fridge and it freezes well too.*
- *To make ketchup last twice as long, bring to boil, then turn down to low and simmer for 20 minutes. Cool and refrigerate.*
- *Aside from its food coloring and preservatives, commercial ketchup is higher in sugar, ounce for ounce, than ice cream!*
- *Lemon juice is a very good substitute for vinegar. Vinegar irritates the delicate lining of the stomach and hinders digestion. [ucheepines.org](http://ucheepines.org)*

***“So whether you eat or drink or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31***