

# Healthier Homemade Ketchup

Making dressings and sauces at home can be a fun activity to do with kids. This tasty sauce is an all-natural alternative to store-bought versions.

Serves 16

## Ingredients



- 12 ounces canned tomato paste
- ½ cup dark brown sugar
- ½ teaspoon dry ground mustard
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon allspice
- 4 tablespoons cider vinegar
- ¾ cup water, divided
- ¼ teaspoon cinnamon and or cloves (optional)

## Nutrition Facts

Serving Size 2 Tablespoons  
Servings Per Recipe 16

Amount Per Serving

Calories 40      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 85mg      4%

Total Carbohydrate 10g      3%

Dietary Fiber 1g      4%

Sugars 9g

Protein 1g

Vitamin A 6%      • Vitamin C 8%

Calcium 0%      • Iron 4%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1. Whisk all ingredients together in large bowl. Start with ½ cup of water; adding more to reach desired consistency.
2. Store in air-tight container in the refrigerator for 3-4 weeks.

Please note: nutritional values are approximate.

