



## Homemade Ketchup

24 servings

30 minutes

### Ingredients

3 1/2 cups Crushed Tomatoes  
1/4 cup Water  
3 tbsps Maple Syrup  
1 1/2 tbsps Apple Cider Vinegar  
1/2 tsp Onion Powder  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	18
Fat	0g
Saturated	0g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	115mg

### Directions

- 1 Combine all ingredients in a large saucepan over medium heat. Lower the heat and simmer for 30 minutes.
- 2 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 for up to two months.

**Serving Size:** Each serving is approximately two tablespoons.

**More Flavor:** Add chili powder and a pinch of ground mustard.