

Low-Sodium Tomato Ketchup

By making your own ketchup, you can control the amount of salt that you add, as well as the quality of the ingredients.



Ingredients:

2 cups	Fresh tomatoes, diced	500 mL
1/3 cup	Onion, chopped	75 mL
2 Tbsp	Granulated sugar	30 mL
1/4 cup	Vinegar	60 mL
1/8 tsp	Ground cloves	0.5 mL
1/8 tsp	Ginger	0.5 mL
1/8 tsp	Cinnamon	0.5 mL
1/8 tsp	Allspice	0.5 mL
1/8 tsp	Chili powder	0.5 mL
1 1/4 tsp	Cornstarch	6 mL

Directions:

1. Simmer tomato and onion until soft. Puree 1–2 minutes in blender.
2. Add the remaining ingredients except cornstarch and simmer about 1 1/4 hours.
3. Add cornstarch to 1/4 cup (60 mL) of mixture. Mix well and return to pot.
4. Stir constantly until sauce is thickened.
5. Store in refrigerator in a sealed container.

Makes 15 servings
(1 Tablespoon/ 15 mL/ 17g)

Nutrition Facts	
Per 1/15 of recipe (1 Tbsp/ 15 mL/ 17 g)	
Amount	% Daily Value
Calories 9	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	6 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 2 g	
Protein 0 g	
Vitamin A	3 %
Vitamin C	2 %
Calcium	8 %
Iron	4 %

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