



# Make Healthy Happen One Meal at a Time

## Homemade Tomato Ketchup

### Ingredients

6 pounds tomatoes (about 12 large tomatoes)  
½ cup brown sugar  
¾ cup onion (finely chopped)  
2 cloves garlic (finely chopped)  
½ cup red wine vinegar  
½ cup cider vinegar  
½ cup balsamic vinegar (I chose the kind that had 0 mgs. Sodium)  
Cayenne pepper (optional)

### Directions

1. Preheat the oven to 450°F.
2. Wash tomatoes.
3. Halve the tomatoes, drizzle some olive oil over them, and place on 1-2 baking pans.
4. Roast for 20 minutes or until they are soft and wrinkled looking, but not burnt.
5. Let the tomatoes cool, and then transfer them to a blender or food processor and puree until they are smooth. Process in small batches.
6. In a heavy-bottomed pot over medium heat, warm the sugar, keeping it moving with a spoon, for about a minute.
7. Add the onion, garlic and the pureed roasted tomatoes. Reduce the heat to medium-low and cook for 10 minutes.
8. Add the three kinds of vinegar and continue to cook for another 30 minutes or until reduced by two-thirds. The ketchup should be thick.
9. Remove from heat and season to taste with the cayenne pepper, if desired.
10. Strain the ketchup through a mesh strainer into a glass or stainless steel bowl.
11. To cool the ketchup, fill a large stockpot about halfway with a mixture of half ice, half water, and submerge the container in the ice bath to chill. The ice-water level should come most of the way up the outside of the container, but don't let any water into the ketchup.
12. Stir the ketchup occasionally until the temperature reaches 70°F on a thermometer.
13. Then remove the container from the ice bath, cover and transfer to the refrigerator where it will keep for 3-5 days.
14. Ketchup can be frozen in small freezer bags or containers, or I read that it can be put in ice cube trays and then put them in a freezer container.

### **Nutritional Guidelines (per serving)**

**1 serving = 1 Tbsp    Calories: 8    Fat: 0 g    Carbs: 2 g    Protein: <1 g    Sodium: <1 g**

(Comparison – Store bought ketchup)

1 serving = 1 Tbsp    Calories: 19    Fat: 0 g    Carbs: 4.5 g    Protein: <1 g    Sodium: 154 mgs