

Ketchup

Ingredients

6 ounces tomato paste
2/3 cup apple cider vinegar
1/3 cup water
2 tbsp of your preferred sugar substitute
(optional)
2 tbsp onions
2 cloves garlic
1 tsp salt
1/8 tsp ground allspice
1/8 tsp ground cloves
1/8 tsp pepper



Method

Combine ingredients in food processor and blend until the onion disappears. Spoon mixture into an airtight container and store in the refrigerator.