

Homemade Ketchup

I never thought of making my own ketchup until I read the ingredients on the package of a bottle from the store. So many of the ingredients I could not even pronounce so I figured that they must be preservatives and stabilizers. I figure if you cannot find those at the supermarket you should not be eating them.

Makes 1-1/2 cups

12 oz	vine ripened tomatoes, cut in half, seeded
1/2	onion (about 1/2 cup)
1/2 cup	light corn syrup
1/2 cup	vinegar
1 tbsp	granulated sugar
1 tsp	salt
1/4 tsp	onion powder
1/8 tsp	garlic powder

1. In work bowl fitted with metal blade process tomatoes and onion until smooth, about 2 minutes. Place in a medium saucepan. Add corn syrup, vinegar, sugar, salt, onion powder and garlic powder. Bring to a boil on medium heat, reduce heat and simmer for 20 minutes, stirring occasionally. Remove from saucepan and strain. Cool and then cover.

Store in a covered container in the refrigerator for up to 2 months.

Tip: When seeding the tomatoes, just core them, cut them in half and squeeze them like a sponge. The seeds extract fast this way.

Variation: Add equal parts of the fresh mayonnaise (pg 000) for a simple salad dressing.