



# KETCHUP

By Dr. Cindy Tanzar  
(Standard)

Ketchup is a great way to give any dish some flavor or just adding it to Uncured Beef Hotdogs. Here is an easy recipe to make without all the sugar. No need to count it in your checklist.

Makes 5-10 servings. Just enjoy 1-2 tablespoons.



## INGREDIENTS

- 3 ounces tomato paste
- 3 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- 1/4 teaspoon celery salt
- 1/2 teaspoon paprika
- 1/4 teaspoon mustard powder
- Pinch of nutmeg and clove
- Pinch of black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Stevia, to taste



## **INSTRUCTIONS**

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar, or a little water until desired consistency is reached.