

Easy Homemade Ketchup Recipe

A natural and simple homemade ketchup recipe that kids love.



Prep Time
5 mins

Total Time
2 hrs 5 mins



4.28 from 48 votes

Course: Condiment Cuisine: American Servings: 32 Servings (2 TBSP)

Calories: 23kcal Author: Katie Wells

Equipment

- High-speed blender or food processor
- Quart-size mason jar

Ingredients

- 1 tsp chia seeds (for thickening, optional)
- 3 (6 oz) cans tomato paste
- ½ cup white vinegar (or apple cider vinegar)
- 1 tsp garlic powder
- 1 TBSP onion powder
- 2 TBSP honey (or cane sugar, or about ½ tsp stevia powder/tincture)
- 2 TBSP molasses
- 1 tsp sea salt
- 1 tsp mustard powder
- 1 pinch cinnamon
- 1 pinch ground cloves
- 1 pinch allspice
- 1 pinch cayenne pepper
- 1 cup water

Instructions

1. Grind chia seeds in a blender or food processor on high speed for 30 seconds or until finely powdered.

2. Add all remaining ingredients to blender or food processor and blend on high for 2 to 3 minutes.
3. Put in an airtight quart jar and refrigerate 2 hours or overnight to let flavors meld.
4. Store in the refrigerator and use as you would regular ketchup.

Notes

Can be stored in the refrigerator for at least 1 month.

Nutrition

Serving: 1serving | Calories: 23kcal | Carbohydrates: 5g | Protein: 1g | Fat: 0.1g | Saturated Fat: 0.02g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.03g | Sodium: 200mg | Potassium: 185mg | Fiber: 1g | Sugar: 4g | Vitamin A: 245IU | Vitamin C: 4mg | Calcium: 11mg | Iron: 1mg