

## Homemade Tomato Ketchup





### Ingredients

- 3 lbs (1.5 kg) tomatoes
- 3 tbsp (45 mL) sea salt
- 2 cups (500 mL) Omega Apple Cider Vinegar
- 3 tbsp (45 mL) Sucanat (pure cane sugar available from health food stores)
- 2 tsp ( 10 mL) dry mustard powder
- 1 tsp (5 mL) black pepper

### Instructions

1. Blanch tomatoes to make peeling and seeding easier, then chop tomatoes.
2. Sprinkle with sea salt and let stand for at least three hours.
3. Combine all ingredients in a saucepan and bring to a boil. Let simmer for 30 minutes, stirring frequently.
4. When thick and smooth, fill clean bottles and let sit for a few days in the refrigerator

before using.

Makes 2 cups (500 mL).