



# Ketchup... Of... Awesomeness

Fast, DELICIOUS, No Sugar Added, with 10x the flavor of the Store Bought Goop



Alright, let me get this out of the way in the first sentence, YES... I am fully aware that G. Hughes has sugar free condiments! But, realize that not everyone has it at their stores and **HOMEMADE** sauce beats bottled sauce. This baby has depth of flavor that most store bought, bottled ketchups have naughty dreams about. It's like comparing the flavor of powdered lemonade in a tin jar to grandma's homemade lemonade. This also was a must-make for me, because I needed it for my low point cocktail sauce.

## Ingredients:

- 1-3/4 cup tomato sauce (scan to ensure 0 points)
- 1/4 cup tomato paste
- 2 Tbsp apple cider vinegar
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/8 tsp black pepper
- 2-1/2 Tbsp 0 point sweetener of choice (Stevia, Monkfruit, Truvia, Swerve, etc)
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp celery salt
- additional water, if needed to thin ketchup

## Serving Info.:

Yields: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup



Range

0-0

- last checked 12/01/21 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Take 10 minutes to ponder the fact that I actually have a recipe with only 1 real step. Then let it dawn on you that I'm only mentioning this as #2 so that I can have a #2 in the directions.
- 3 See #2, then go ahead and glare at my picture on the back cover.

## Notes:

- You can use 1 Tbsp of regular sugar if you wish, it will still be a VERY low point ketchup, but adjust your points accordingly.
- If you are on a sodium restrictive diet, you can leave out the salt, celery salt, and worcestershire sauce, though it WILL make the sauce sweeter. You can counter that by adding some more savory seasonings. Try using 'no added salt' tomato sauce and paste, as well as adding more onion powder instead of celery salt. Heck... you can even add some savory dried/ground mushroom powder, for a big Umami 1-2 punch.