

Easy Low Carb No Cook Ketchup

MyProductiveBackyard.com



Ingredients:

12 oz can tomato paste
1 cup water
4 Tbsp white vinegar
½ tsp dry mustard
¼ tsp cayenne pepper
½ tsp garlic powder
½ tsp salt
½-1 tsp liquid Stevia (to taste)

Directions:

Whisk all together in a bowl.
More or less water can be added for desired consistency.
Scrape ketchup into an airtight container.
Refrigerate for at least 24 hours to blend flavors.
Pints of this can also be canned in a water bath canner for 15 minutes.

Yield about 2 ¼ cups, which is 36 servings of 1 Tbsp each

Nutrition info as per My Fitness Pal: Each 1 Tbsp serving about 12 calories,
0 g fat, 2 g carbs, 0 g fiber, 2 g net carbs, 1 g protein, 1 g sugar