

Make your own ketchup? Why would you want to do that when you can just bring home the extra packages from your favorite fast food emporium? But have you ever tried the real thing, with real ingredients? I tried making it with garden tomatoes using the recipe in the Better Homes & Gardens cookbook, at least as a starting point. But when the tomatoes ran out, we wanted more, so a contingency plan was needed.

# Ketchup

**In a saucepan, heat to boil, cover, and remove from heat:**

2 Cups Bragg's Organic Apple Cider Vinegar (nothing tastes like this brand!)  
1 Tbs. Whole Cloves  
1 Tbs. Cinnamon or 3" of cinnamon stick  
2 tsp Celery Seed

**In a stockpot, gently boil 1 #10 can of S&W Tomato Sauce (Costco size). When mixture has cooked down as far as practical (it will start to throw projectiles) add other ingredients:**

½ Cup Dehydrated Organic Cane Juice or other sweetener (adjust to taste).  
½ tsp. Georgia Flame pepper or similar semi-hot variety, adjust to taste.

**Strain spice mix into tomatoes, discard spices. Cook down about a half hour until eruptions again become a problem. If thicker ketchup is desired, tomato paste can be added at this point.**

**Hot mixture can be poured into heated canning jars. Screw lids on lightly, process in boiling water bath (5 minutes after water returns to boil), give lids a final tightening when they come out. Makes a bit over 3 quarts.**

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