

Tomato Ketchup

By: Jana Verhaeghe

Ingredients:

- 1 (28-oz) can diced tomatoes
- 1 medium onion, finely chopped
- 2 tablespoons butter or ghee
- 1 (5.5 oz) can tomato paste
- ½ cup vinegar
- 1 teaspoon pepper
- 1 teaspoon cayenne pepper (more or less depending on how hot you want it)

Preparation:

- 1) Cook onion in butter/ghee in a 4-quart heavy saucepan over medium heat, stirring, until softened, about 8 minutes.
- 2) Add diced tomatoes, tomato paste, vinegar, pepper and cayenne pepper and simmer uncovered, stirring occasionally, until it reaches desired thickness.
- 3) Let cool for at least 2 hours (for flavors to develop), once cool add salt to taste if desired
- 4) Refrigerate and can be chilled up to 3 weeks

Optional: Purée ketchup in blender if you desire it to be smooth. We just leave it in a chunky form to save on time and clean-up.