

Ancestral Chef's Paleo Ketchup Recipe

<http://ancestralchef.com/paleo-ketchup-recipe/>

Total Time: 10 minutes

Yield: approx. 3/4 cup

Ingredients

- 1 [6oz can of tomato paste](#)
- 1/3 cup water (add more if you want a more liquidy ketchup)
- 1 Tablespoon [apple cider vinegar](#)
- 1/2 Tablespoon [garlic powder](#)
- 1/2 Tablespoon [onion powder](#)
- 1 teaspoon [gelatin powder](#)
- 1 teaspoon [cinnamon](#)
- 1/2 teaspoon [nutmeg](#)
- 1/2 teaspoon [raw honey](#)
- 1/4 teaspoon [cloves](#)

Instructions

1. Heat a saucepan on the stove on medium heat and add in the water and tomato paste. Stir well.
2. Then add in the rest of the ingredients and stir until fully combined.
3. Cool and store in airtight glass jars in the fridge (it should last 2-4 weeks).