

# Basic Catsup

80 Servings

1 cup light corn syrup  
12 ounces tomato paste  
1 cup white vinegar  
1/4 teaspoon garlic powder  
1/2 teaspoon onion powder  
2 teaspoons salt  
1/2 cup water  
2 tablespoons granulated sugar  
1 pinch cayenne

Place corn syrup, vinegar, water and tomato paste into medium (non-aluminum) saucepan. Place over medium heat and bring to a boil. Whisk mixture while you add the sugar, salt, garlic powder, onion powder and cayenne. Once whisked in, remove from heat and whisk an additional 30 - 60 seconds.

Allow to cool and check for pH of 4.5, or less for shelf stability. Bottle.

Note: If you eliminate the salt, you will reduce the sodium to 35mg from 64mg.

## Amount Per Serving

Calories 19      Calories from Fat 0

Percent Total Calories From:

Fat 2%      Protein 4%      Carb. 94%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	64 mg	3%
Total Carbohydrate	4 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 2%      Vitamin C 3%      Calcium 0%      Iron 2%