



Tomato ketchup

Makes 2 jars

Ingredients

**1 small onion
1tbsp olive oil
400g Chopped tomatoes
80g soft brown sugar
1 tsp salt
1/2 tsp cinnamon
125g vinegar
1/4 tsp ground nutmeg
1 tbsp tomato paste**

Method

- 1.Chop the onions**
- 2.Heat a saucepan and drizzle in the oil, add the onions and cook without colour for about 5 mins**
- 3.Add the remaining ingredients, stir and bring to a simmer**
- 4. Cook the mixture for 20-30 minutes on a low heat until thick**
- 5.Pour the mix into a blender and blitz until smooth.**
- 6. Sterilise two small jars and transfer the ketchup from the pan. Seal with a lid, leave to cool and store in the fridge.**

