



Slow Cooker Tomato Ketchup

Serves: 12

Ingredients:

- 2 tins plum tomatoes (or 1kg fresh tomatoes)
- 1 onion, chopped
- 2tbsp Extra Virgin Olive Oil
- 80g brown sugar
- 120ml apple cider vinegar (or white vinegar)
- 1tbsp tomato paste
- 1tsp garlic powder
- 1tsp cinnamon powder
- 1tsp salt
- 1tsp black pepper
- ½ tsp grated nutmeg (optional)
- ½ tsp chilli powder (optional)

Method:

1. Heat the oil in a pan
2. Add chopped onions and fry until softened
3. Put in a slow cooker bowl
4. Add the rest of the ingredients
5. Cook on low for about 3 hours
6. Blend until smooth

Note: If using fresh tomatoes, boil them in water for couple of minutes and remove skin and seeds before adding to the slow cooker.

