

# **SIBO Ketchup Recipe**

This recipe has been shared from Susan. Please email us your recipe to share with others in the SIBO community!

## **Ingredients:**

3 Cups of Tomato Puree  
1/4 Cup Clear Honey  
1/4 Cup Apple Cider Vinegar  
1 Teaspoon Salt  
1/2 Teaspoon Black Pepper  
1/2 Teaspoon Paprika  
1/2 Teaspoon Smoked Paprika  
2 Tablespoons Dijon Mustard (No Garlic or Onion)  
1/4 Teaspoon Cayenne  
1/2 Teaspoon Ground Cumin

## **Instructions:**

1. Place all ingredients in a medium, deep, saucepan and stir to incorporate.
2. Bring to a boil, then reduce to a simmer and simmer until reduced by half. This will take about 30 minutes.
3. This makes 2 one pint jars.