

Ketchup

Craig and Joy Barnes

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**6 oz can** tomato paste  
**1 TBS** honey  
**1 tsp** salt  
**3 TBS** lemon juice  
**¼ tsp** garlic powder  
**¼ tsp** onion powder  
**1½ tsp** Italian seasoning

- ✓ Stir and dilute with water to desired consistency.