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## Homemade Spicy Ketchup

makes 3 cups ketchup

2 tablespoons olive oil

1 medium onion, chopped

1 clove garlic, minced

1 heaping tablespoon tomato paste

1 teaspoon salt

1 teaspoon ground mustard

1/2 teaspoon smokey paprika

big pinch ground cloves

1/4 teaspoon ground allspice

1/2 to 1 teaspoon crushed red pepper flakes, heat mellows as the ketchup cools

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1/4 cup apple cider vinegar

Place oil in a medium saucepan, over medium heat. I used a 3 quart sauce pan and it seemed like the perfect fit. Saute onions until they are transparent, tender, and begin to brown, about 6 to 8 minutes. Add the garlic and cook for about 1 minute more. Add the tomato paste, salt, and all of the spices to the pan. Stir until the tomato paste is evenly distributed, and the spices are fragrant, about 1 minute. Add brown sugar, vinegar, and crushed tomatoes. Stir to combine.

Let mixture simmer over low heat for about 45 minutes. Mixture will thicken to a ketchup consistency. Stir occasionally.

Remove pan from heat, and use an immersion blender to blend to the chunky ketchup smooth. If you don't have an immersion blender, you can carefully place the warm ketchup in a regular blender to blend smooth. Just be sure to leave the blender lid slightly ajar so the warm contents don't burst. After using either an immersion or regular blender, strain ketchup through a fine mesh strainer into a clean bowl. This will remove any unwanted seeds. I leave mine chunky cause I'm dirty like that. Get into it.

Taste and adjust seasoning as necessary. Store ketchup in glass jars in the fridge. Ketchup will last for up to 1 month in the fridge!

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