

OntarioRed™ ARTISAN STYLE KETCHUP

This rich, flavorful, and healthy artisan style ketchup will keep you dipping through all your meals.



Nutrition Facts	
Serving Size (37g) Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 6%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 5 minutes
Cook time: 15 minutes
Serves: 3-4 People

INGREDIENTS:

- 2 OntarioRed™ Tomatoes-On-The-Vine
- 2 tbsp. sugar
- 2 tbsp. white balsamic
- 1 tsp. salt
- 1 tsp. smoked paprika
- 2 tbsp. water
- 1 tsp. worchester sauce

CHEF'S TIP:

For a great pairing, create some healthy sweet potato fries to dip in your ketchup.

DIRECTIONS:

- Add your tomatoes and water into a pot over medium high heat. When tomatoes start to break down add the rest of the ingredients and continue boiling for another 5 minutes.
- Remove from heat and add to blender puree until smooth. Pour mixture through a fine strainer to remove any seeds and skin, return to heat for 5 to 6 minutes until mixture reduces to your desired consistency.
- Pour into a heat safe container and allow cooling before serving.



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