



## hCG Ketchup

Carbs: **5.7g** | Fat: **0.4g** | Fiber: **1.4g** | Protein: **1g** | Calories: **25.8**

*Servings per recipe:  
several*

### Ingredients

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- 1 tbsp water
- 1 cup onion, chopped
- 1 clove garlic, minced
- 1 pound ripe tomatoes, chopped
- 1/9 cup white vinegar
- 1/12 tsp cloves
- 1/12 tsp allspice
- 1/3 tsp dry mustard
- 1/3 tbsp sea salt
- 2/3 tsp black pepper

### Directions

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- Heat the pan over medium heat.
- Add the water and onions, and saute for 8-10 minutes, until translucent and beginning to brown.
- Add garlic and cook another minute, then add remaining ingredients, stir well, and bring to a boil.
- Reduce heat and simmer for 1 hour, stirring occasionally.
- Process briefly in food processor or pass through food mill, then return to saucepan.
- Simmer for another 45 minutes, stirring occasionally, until very thick.
- Let cool and then seal in sterilized jars.



### Nutritional Info

Servings Per Recipe: several

#### Amount Per Serving

- Calories: 25.8
- Total Fat: 0.4 g
- Cholesterol: 0.0 mg
- Sodium: 11.1 mg
- Total Carbs: 5.7 g
- Dietary Fiber: 1.4 g
- Protein: 1.0 g



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