

# Ketchup

*This recipe makes as much as you wish to prepare*



## Ingredients

**1 cup** ketchup  
**3 cups** boiling water

## Directions:

1. Bring 3 cups of water to a boil (you'll add it in stages).
2. In a mixing bowl, combine 1 cup of ketchup with 1 cup of boiling water.
3. Stir well until the mixture is smooth.
4. Continue adding the remaining 2 cups of water, stirring thoroughly after each one.
5. Add parchment paper to your trays. One batch fills a medium Harvest Right tray.
6. Pour the mixture onto the trays.
7. Place dividers to aid in removing from the trays after freeze drying.
8. Pre-freeze when possible.
9. Freeze dry.
10. Store in jars for short-term use or in mylar bags for long-term storage. It is helpful to note on each container how many cups of original ketchup you are storing.

## Rehydration:

Rehydration is essentially replacing the water that was removed during freeze drying in the same ratio it was added. Slowly add a little bit of cold water and stir until you reach desired consistency. You can add a splash of vinegar to bring back to a full bodied ketchup taste

## Notes:

Freeze dried ketchup can also be used as a Dry Seasoning or Flavor Boost. If you're making a dry spice rub, soup mix, or a seasoning blend, you can sprinkle the ketchup powder directly into your recipe for a tomato-based flavor. Or add a spoonful to dehydrated or freeze-dried meals for an extra burst of tangy taste.

## Nutritional Value Per 1 tbsp rehydrated

Calories: 20 Protein: 0 g Fat: 0 g Carbohydrates: 5 g Sugar: 4 g Fiber: 0 g