



Tomato Catsup

Yield – 100 – 2 tablespoon servings

Ingredients

½gallon Water
 2 medium Onions, chopped
 1 pint Vinegar
 1 #10 can Tomato Paste
 1 ½qts. Sugar
 1 oz. Celery Salt
 2 Tbsp. Salt
 2 Tbsp. Allspice

How to Prepare

1. Boil onions in ½gallon of water for 10 minutes on low heat.
2. Drain water from onions and add vinegar.
3. Mix with tomato paste and other ingredients. Stir well.

*****Nutritional Information Per Serving*****

Calories =
 Carbohydrate = g
 Total fat = g

Saturated Fat = g
 Cholesterol = mg
 Sodium = mg

Dietary Fiber = g
 Protein = g
 Vitamin A = RE

Vitamin C = mg
 Calcium = mg
 Iron = mg

Recipe provided by "A & M College Hand Book"

