



## Creative Kid Ketchup

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 3 - 4**

### Fun-Da-Mentals Kitchen Skills

**season:** to add flavor to food with spices, herbs, and salt.

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

### Equipment

- Can opener
- Cereal bowl
- Teaspoon
- Measuring spoons

### Ingredients

Creative Kid Ketchup

- 1 6-oz can tomato paste
- 1 T apple cider vinegar
- 2 tsp sugar or honey
- 1/4 tsp salt
- 1 pinch ground black pepper
- kid chef's choice of spices (choose any or all): dried mustard powder, dried oregano, dried parsley, dried Italian seasoning, onion powder, garlic powder, paprika, celery salt, allspice

# Food Allergen Substitutions

Creative Kid Ketchup

## Instructions

Creative Kid Ketchup

scoop + measure

Use a teaspoon to scoop **1 can of tomato paste** from the can into a cereal bowl. Measure and add **1 tablespoon apple cider vinegar, 2 teaspoons sugar, 1/4 teaspoon salt,** and **1 pinch of black pepper** to the bowl. Mix!

season + mix

Add the kid chef's choice of seasonings: pinches of dried mustard powder, dried oregano, dried parsley, dried Italian seasoning, onion powder, garlic powder, paprika, celery salt, and ground allspice, and mix again! Taste and adjust seasonings to your preference. Serve with **Cowboy Bell Pepper Baked Breakfast Hash for Dinner!**

## Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.