



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138

www.TheHellenic.com

Gourmet Ketchup

2 Organic Sweet Spanish Onions

8 Cloves Organic Garlic

10 Sprigs Fresh Thyme

10 [Dried Organic Apricots](#)

10 [Dried Turkish Organic Figs](#)

1 cup [Dried Organic Mangos](#)

28 oz. [San Marzano Peeled Tomatoes](#)

6oz [Organic Tomato Paste](#)

2 tbsp. [Organic EV olive oil](#)

2 tsp. [Celtic Sea Salt](#)

¼ tsp. [Organic Fresh Ground Pepper](#)

½ tsp. [Organic ground cinnamon](#)

1 tsp. [Hot Hungarian Paprika](#)

preparation instruction, watch the video on YouTube:

[Ketchup](#)

Youtube.com/AwareHouseChef

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