

# TOMATO RELISH

## Ingredients

1kg of red and green tomatoes cubed  
2 tablespoon of extra virgin olive oil  
2 chopped onions  
2 cloves of garlic chopped  
1/2 cup of form vinegar or balsamic  
1/2 cup of coconut sugar  
1 tablespoon of ginger  
1/2 teaspoon of cumin  
1 tablespoon sweet paprika  
1 tablespoon of hot mustard  
4 cloves  
1 chopped chilli  
Salt and pepper to taste



## Method

Prepare the tomatoes

Quarter the onions and garlic and mince in the food processor.

Add EVO oil to a pan and sauté the onions and garlic until soft, use water as required.

Once cooked add vinegar, and herbs salt and pepper to taste.

Cook for an hour or until liquid is thickened.

Sterilize the jars in the microwave, wash with soap rinse then place filled with water in the microwave for 10 minutes. Empty and allow to dry.

Fill the jars with relish and to preserve cook in water for 35minutes.

Prep time 5 minutes

Cooking tome 1.35 hour

Serving:- 1 of 50 serves | Calories 9kcal | carbs 1G

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# PATTIES

