



Tomato Chutney

Ingredients

*1 tablespoon extra-virgin olive oil
1/4 cup finely chopped yellow onion
1/2 teaspoon minced garlic
1 (14-ounce) can diced tomato , with juice
3 sun-dried tomatoes (oil packed), cut into small pieces
2 teaspoons light brown sugar
1 teaspoon Worcestershire sauce
1 teaspoon balsamic vinegar
1/4 teaspoon kosher salt
1 tablespoon ribeye rub*

Directions

In a small saucepan over medium heat, warm the olive oil. Add the onion and cook, stirring occasionally, until golden, 4 to 5 minutes. Add the garlic and cook for 1 minute more, stirring occasionally. Add the rub and stir to blend. Add the canned tomatoes, sun-dried tomatoes, and brown sugar. Stir and bring to a boil over high heat, breaking up the tomatoes with the side of a spoon. Reduce heat and simmer until almost all of the liquid has evaporated, 20 to 30 minutes. Add the remaining chutney ingredients stir and simmer until most of the liquid has evaporated, about 5 minutes more. Allow the mixture to cool slightly, then puree in a food processor. Transfer to a small serving bowl, cover with plastic wrap, and refrigerate. Allow the chutney to come to room temperature before serving.

cal: 27kcal | fat: 1.00g | carbs: 4.13g | prot: 0.87g