

Tomato Chutney

Swick

Makes 2 cups | Active Time: 20 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 3 large ripe tomatoes*
- 1 onion, finely minced
- 3 cloves garlic, minced
- 1/2 cup rice wine vinegar
- 1/2 tsp stevia powder (or sweetener of choice)*
- 1 tbsp stone ground mustard (grainy)
- seasoning, to taste

Note: This chutney is best when made with juicy ripe tomatoes; however, if that is not an option, canned tomatoes can be used instead.

To prepare the fresh tomatoes, peel, seed and dice them.

Lastly, gather and prepare the rest of your mise en place.

Note: If using another sweetener other than stevia, you may need to add more to achieve the right balance of sweet and sour.

Step 2: Cooking & Finishing the Chutney

- 1/4 cup freshly chopped basil

To cook the chutney, dry-sauté the onions for approximately 10 minutes, or until they are soft and translucent.

Next, add the garlic and cook for 30 seconds or so. Then add the rice wine vinegar, tomatoes, stevia, and mustard.

Bring the mixture up to a gentle simmer and then reduce the heat, cover the pan and let cook for 45 minutes to 1 hour (or more). Ultimately, the time will vary depending on things like how watery the tomatoes were, to begin with. Stir the chutney from time to time, to ensure it does not scorch. The chutney is done when almost all of the liquid has evaporated from the tomatoes. The consistency should be that of a rather thick jam.

Once done, remove from the heat and let cool before adding the fresh basil. Note: if canned tomatoes were used, you may want to use a potato masher to break up any bigger pieces of tomato.

Lastly, stir in the basil and refrigerate for a few hours or overnight. Serve this chutney as a cold sauce or as a condiment with any number of dishes. This chutney pairs very well with these Mushroom Black Bean-Quinoa Burgers.

Chef's Notes

This is a fairly basic/versatile tomato chutney recipe, so feel free to experiment by adding different ingredients. For example, we often add fresh ginger to the recipe.