

Recipe Name: Tomato Relish Recipe

Diet Type:

Course: Side Dish

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Tomatoes - chopped	4
• 1/2 Onion - finely chopped	
• 1/2 cup Red Wine Vinaigrette	
• 1/2 Dried oregano	
• 2 cloves Garlic - minced	
• 1/2 Black pepper powder	
• 1/2 Dijon Mustard	
• 3 tablespoon Cane sugar	
• 2 to 3 tablespoons Extra Virgin Olive Oil	
• Salt - to taste	

Preparation

- To begin making the Tomato Relish Recipe, heat oil in a heavy bottomed pan.
- Add onions, garlic and saute it until translucent.
- Add the tomatoes, red wine vinegar and cook on low to medium heat for 10 to 15 minutes until its all softened and mushy.
- Cook furt.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
25	1	6	0	1	4