



Tomato Chutney

U.S.

1 tsp	Olive Oil
1/2 cup	Leeks, small dice
2 cups	Tomatoes, medium dice
1 each	Garlic Clove, minced
1/4 tsp	Cayenne
2 Tbsp	Balsamic Vinegar
1 Tbsp	Sugar
2 Tbsp	Basil, chiffonade

Preparation:

1. Gather all ingredients and equipment.
2. Heat large saute pan over medium-high heat, saute leeks until they soften (about 2-3 minutes).
3. Add tomatoes, garlic, cayenne, balsamic and sugar, cook down until balsamic is reduced and the tomatoes become slightly saucy (should still be chunky).
4. Take off heat and add basil.
5. Pour chutney into a small bowl, cover and put aside until needed.

Nutrition Facts

Serving size	2 Tbsp
Servings	15
Calories	15
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	3 g
Dietary Fiber	0 g
Sugars	2 g
Protein	0 g
Vitamin A	6 %
Calcium	0 %
Vitamin C	6 %
Iron	0 %
Phosphorus	8 mg
