

BRYANNA'S TOMATO-APPLE CHUTNEY (KIND OF LIKE FRENCH-CANADIAN "KETCHUP") Makes about 6 cups

This is easy to make and just spicy enough.

One 28 oz. can plum tomatoes
4 apples, diced (don't peel)
1 medium onion, chopped
2 cups red wine vinegar
3 tablespoons grated fresh ginger
6 to 8 cloves garlic, crushed or minced
1 cup raisins (any kind)
3/4 cup brown sugar
1 tablespoon ground cumin
1 teaspoon hot sauce (optional)
1/4 teaspoon cayenne pepper
2 teaspoons salt or to taste
freshly-ground black pepper to taste

Dump the canned tomatoes (juice and all) into a large pot and, with clean or gloved hands, squish the tomatoes with your fingers to break them up into small chunks. Add the remaining ingredients and bring to a boil. Turn heat down to a simmer and cook, uncovered, for about 45-50 minutes, or until it has a thicker consistency, almost like a chunky jam. Cool to room temperature. This will keep 3 to 4 weeks in the refrigerator, or you can seal it (while hot) into 6 half-pint canning jars and process in a boiling water bath for 20 minutes.

Nutrition Facts

Nutrition (per 1/4 cup serving): 71.0 calories; 1% calories from fat; 0.2g total fat; 0.0mg cholesterol; 162.6mg sodium; 211.7mg potassium; 18.7g carbohydrates; 1.3g fiber; 14.2g sugar; 17.4g net carbs; 0.7g protein; 1.2 points.