



COMMUNITY FOOD INITIATIVES DISCOVERY KITCHEN

APPLE AND GREEN TOMATO CHUTNEY

INGREDIENTS:

6 TART APPLES, DICED

6 GREEN TOMATOES, DICED

2 ONIONS, DICED

3 RED BELL PEPPERS, DICED

3 INCH PIECE FRESH GINGER, PEELED AND MINCED

1 CUP VINEGAR (APPLE CIDER OR WHITE)

1 ¼ CUP BROWN SUGAR

1 TEASPOON SALT

3 CLOVES GARLIC, MINCED, OPTIONAL

½ TEASPOON CAYENNE, OPTIONAL

Directions:

1. Combine all ingredients in a crockpot and cook until apples are very soft, about 10 hours on low or 6 hours on high.
2. Alternatively, combine all ingredients in a stockpot and bring to a boil on stovetop, then simmer until apples are very soft.
3. Serve with meat, cheese and bread, crackers, or curries. This is a good holiday recipe!