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# Homemade Mango Chutney

From *Simply Recipes* (blog)



## Servings: 12

1. Combine sugar and vinegar in a 6 quart pot; bring to a boil, stirring until sugar dissolves.
2. Add remaining ingredients and simmer, uncovered, until syrupy and slightly thickened, 45 minutes to 1 hour. Stir occasionally during cooking. It will be thicker once it cools. If it gets too thick, thin with just a little bit of water.
3. Optional preparation: place in sealed jars in the refrigerator - it should keep for several weeks. Or, to can, pour into clean, hot jars leaving 1/2-inch head space; close jars. Process in a water bath 15 minutes.

1 cup sugar  
1/2 cup distilled white vinegar  
3 cups mangos, peeled and cut in 3/4-inch pieces  
1/2 cup onion, chopped  
1/4 cup golden raisins  
1/8 cup crystallized ginger, finely chopped  
1/2 garlic clove, minced  
1/2 teaspoon mustard seeds, whole  
1/8 teaspoon red chili flakes  
Yield: 3 (8-ounce) jars

*Per Serving (excluding unknown items): 113 Calories; trace Fat (1.4% calories from fat); trace Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**