

Chakalaka Relish

Sarah Graham, Cooking Channel, 2016



Servings: 4

1. Heat the oil in a medium saucepan over medium heat. Add the onions and cook until softened, at least 5 minutes.
2. Add the red chiles, bell peppers, garlic, curry powder, mixed herbs and carrots, and cook for another 3 to 5 minutes.
3. Add the beans, tomatoes, chutney, ketchup and a generous pinch of salt and pepper. Bring to a simmer and cook for 30 minutes. (I didn't cook this for 30 minutes as I liked the crunch to the vegetables, but traditionally you would.)

- 2 tablespoons olive oil
 - 1 medium onion, finely chopped
 - 1 whole red chile, seeded, finely sliced
 - 1 whole red bell pepper, seeded, finely chopped
 - 1 clove garlic, minced
 - 1 teaspoon curry powder (1 to 2)
 - 1/2 teaspoon dried mixed herbs
 - 2 medium carrots, grated
 - 14 ounces baked beans
 - 14 ounces canned tomatoes, chopped
 - 1 tablespoon chutney, or apricot jam
 - 1 tablespoon ketchup
 - Kosher salt and freshly ground black pepper
- Yield: 4 servings**

Per Serving (excluding unknown items): 227 Calories; 8g Fat (27.5% calories from fat); 7g Protein; 38g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 602mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com