

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *September* -

TOMATOES

HOMEMADE TOMATO KETCHUP

- 2 lb. Tomatoes, chopped**
- 1 med. onion, chopped**
- 3 cloves garlic, chopped**
- 2 TBL. Oil**
- 1/4 tsp. black pepper**
- 1/2 tsp. paprika (or smoked paprika)**
- 1/4 tsp. cinnamon**
- 1/4 tsp. allspice**
- 2 TBL. Tomato paste**
- 1/4 C. Brown sugar**
- 1/4 C. cider vinegar**
- Salt to taste**

* optional additions: 1/4 tsp. ancho powder, cayenne pepper or powdered ginger

Purée tomatoes in a blender, set aside. Heat oil in a 4 qt. saucepan over medium heat. Add onions and cook for 3-4 minutes, add garlic and stir occasionally until softened and golden, approximately 7 minutes. Add spices and cook for a minute. Add tomatoe purée, tomato paste, brown sugar and vinegar. Simmer until thick, 35-55 minutes. Stir frequently towards the end of cooking to prevent scorching. Cool. Purée until smooth.

Recipe by Robin Forte



For more information visit

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