

Tomato Relish

Ingredients:

2 tins crushed tomatoes

1 brown onion, chopped into 1/2cm cubes

1 teaspoon salt

300gm sugar

1 teaspoon mustard powder

2 teaspoons curry powder

20gm plain flour (or g/f plain flour)

Method:

- Place all of ingredients into a medium sized pot.
- Cook on low for 40 minutes, stirring often. If tomatoes are not cooked enough yet (very mushy) cook for longer.
- Serve into 4 small brown bowls.