# EASY TOMATO CHUTNEY THAKKALI CHUTNEY



Tomatoes! They are sweet, juicy and delicious. Everyone knows they are good for health, right? One of the most well known tomato eating benefit is lycopene, a vital antioxidant. This healthy low calorie chutney has a sweet-tart flavor with little spice taste. I got this recipe from my mother-in-law. Tangy tomato chutney is a good accompaniment for paniyaram, idly and dosa.

# **Ingredients**

- 2 Big RipeTomatoes
- 3 Garlic cloves
- 1/2 Tsp of Turmeric
- 1 Tsp of Chilly Powder

4-5 Curry Leaves
1 Tsp of Mustard
1 Tsp of Urad Dal
1/2 Tsp of Fenugreek
A Pinch of Asafoetida
2-3 Tbsp of Gingelly Oil(Sesame Oil)
Salt to taste

### Method

- Take a blender and make a puree of tomatoes and garlic and keep it aside.
- Heat a pan with oil and add mustard, urad dal, fenugreek
   let them turn brown.
- Now add asafoetida and curry leaves. Fry for few seconds.
- Add turmeric and chilly powder. Mix well. Make sure don't burn them. Immediately add the tomato garlic puree and add little water and salt.
- Let it come to boil. Reduce to medium heat and cook for 10 mins. Add little sugar and mix well.
- Then turn off the stove.

# **Tips**

- Serve with Paniyaram or dosai or Idly
- Use fully ripen tomatoes and sesame oil for this chutney.



## **Health Benefits of Tomatoes**

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.