

Recipes

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CARAMELIZED ONIONS, GARLIC AND TOMATO

**COURSELY CHOP ONE LARGE SWEET ONION AND 4 OR
FIVE CLOVES OF GARLIC CUT IN HALF. SAUTE THESE
WITH ONE TOMATO CUT INTO WEDGES IN OLIVE OIL
OVER MEDIUM LOW HEAT. STIR EVERY 5 MINUTES.
COOK UNTIL DARK BROWN APPROX. 45 MINUTES.
THESE WILL BE VERY SWEET, GREAT TO TOP MEATS
AND SERVE OVER MASHED POTATOES.**



AS Seen on KMID

COOKING DEMO 4-23-02

