Tomato And Onion Dip Recipe

Preparation Time	**5**
Cooking Time	**15**
Serving Size	**4**

Ingredients:

- 2 Tbsp oil
- 1/4 cup onion, white, chopped
- 1 tsp sugar, brown
- 2/3 cup DEL MONTE Sweet Blend Ketchup (320g)
- 2 Tbsp sour cream
- 1/4 tsp garlic powder
- 1 tsp prepared mustard

Preparation:

1. Over low heat, sauté white onion in oil, then sprinkle with brown sugar. Sauté for another 5 minutes. Remove from flame.

2. Add DEL MONTE Original Blend Tomato Ketchup, sour cream, garlic powder, and mustard. Serve with fried fish fillet, fries, or fried seafood like calamares or shrimps.

Chef's Tip

The brown sugar caramelizes and adds a deeper and sweeter taste to the onions.

Lusog Notes

Did you know that onion may help reduce inflammation, fight infections, and may suppress the growth of harmful microorganisms?

Cooking Skills Needed

- Mixing
- Sautéing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula

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