

# HOT PEPPERS



## *Hot Pepper Relish*

### INGREDIENTS

- ½ cup hot pepper, rough chopped, seeds and ribs removed
- 1 cup bell peppers, rough chopped, seeds and ribs removed
- ½ cup yellow onion, rough chopped
- 3-4 cloves garlic
- ¼ cup sugar
- 1 Tablespoon salt
- 1 teaspoon black pepper
- ¼ - ½ cup red wine vinegar

PEAK SEASON

*July–October*

## DIRECTIONS

- 1** A food processor is easier, but chop peppers, onions, and garlic into small, even pieces.
- 2** Combine all ingredients in a non-reactive saucepan over medium heat and bring to a simmer.
- 3** Cook 10-15 minutes, then cool. Store in the fridge tightly covered.

*Nutrition tip:*

*Try swapping honey or pure maple syrup for sugar. Both honey and pure maple syrup are lower on the glycemic index than sugar, and can reduce inflammation, supply nutrients, and help manage blood sugar.*

*Recipe provided by  
Eastern Market Chef  
Aaron Egan*

