



## RUSTIC GALLAYEH BY TETA MUFFEDA

**Nutrition Facts Per 100 Grams of Tomato:** Calories 116, Protein 3g, Carbs 18g, Fat 4g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 25 min



## INGREDIENTS

Ripe Tomatoes (800 grams)

Onion

Garlic

Garlic Paste

Virgin Olive Oil

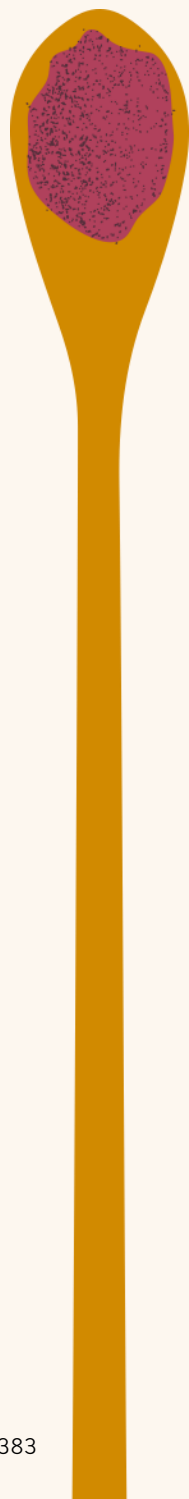
Sea Salt

Black Pepper

Brown Pita Bread for Serving

# METHOD

1. Place skillet or pot over medium heat. Add olive oil & swirl to heat.
2. Add onions with a dash of salt, sauté until translucent.
3. Add chopped garlic with a dash of salt & cook 30 seconds stirring.
4. Add garlic paste and stir for 30 seconds.
5. Add the chopped tomatoes with a dash of salt & shake gently to distribute, do not stir.
6. Add a good dash of salt, pepper & return to boil.
7. Cover, reduce heat to low & cook 40 minutes.
8. Uncover and continue simmering for 20 minutes or until most (but not all) liquid has evaporated.
9. Adjust salt to taste and serve hot or room temperature with pita bread on the side.



**BON APPETIT**