

# Ata Din Din (Nigerian Pepper Sauce)

**Servings:** 4

**Diet:** Vegetarian, Vegan & Gluten-Free

## Ingredients

- 1 (14.5 ounce) can diced tomatoes, no salt added
- 1 small red bell pepper, chopped
- 2 cloves fresh garlic or ¼ teaspoon garlic powder
- 1 onion, thinly sliced, divided
- 1 tablespoons oil
- 1 tablespoon tomato paste
- Optional: dried thyme powder, powdered ginger, curry powder or red chili flakes

## Instructions

**STEP 1:** Blend together tomatoes, red bell pepper, garlic and half of the onions with ½ cup water.

**STEP 2:** Heat oil in a skillet over medium heat. Add sliced onions and cook for 2 minutes. Add tomato paste and cook for another 5 minutes.

**STEP 3:** Increase heat to medium high. Add blended vegetables and optional spices, and cook for 10 minutes or until thickened.



- **Try This!** Serve this sauce over plantains, chicken, fish, beans, eggs or rice.
- **Shopping Tip:** Choose no salt added canned tomatoes to lower sodium content.



Per Serving: 80 Calories | 10g Carbs | 5g Sugar | 2g Fiber | 3.5g Fat (0g Sat Fat) | 2g Protein | 25mg Sodium

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