## Nutritious Onions Sauces(Chutneys)

## **To Add Flavor To Baby Food**

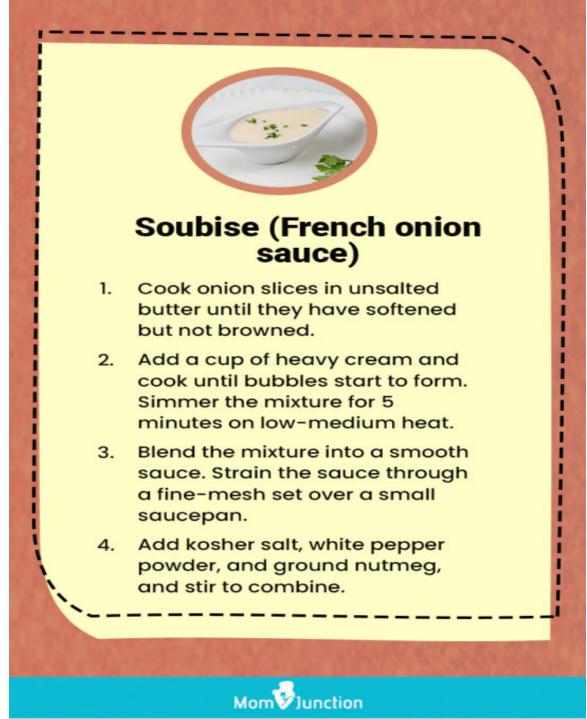
## Plain onion chutney

- Roast two tablespoons of peanuts in oil until they turn light brown.
- Add chopped onions, a few curry leaves, and garlic, and fry until the onions turn soft and translucent.
- Turn off the heat and set the pan aside to cool.
- Grind the mixture into a lump-free, smooth paste and serve.



## Caramelized red onion chutney

- Roast the red onion slices in oil on a medium flame for 15 minutes until they turn brown.
- 2. Add grated garlic, pepper powder,
- and little sugar.
- Cook the mixture for five minutes and then turn off the heat.
- Once the mixture cools down, grind it to a semi-coarse paste and serve.



Source: https://www.momjunction.com/articles/onions-for-babies-age-benefits-recipes\_00662810/